



Discover·Explore·Empower

INFORMED CONSENT TO TREATMENT

Purpose of treatment: To support you, the client, in identifying areas of concern and challenge, build on strengths, working on change and reaching therapeutic goals.

- I agree that I have willingly sought treatment at Thrive Counseling and Consultation for issues relating to the field of mental health. I recognize that such treatment may involve exploration of my personal and family experience and has the potential to be emotionally unsettling. I agree and consent to receive treatment at this time. I understand that I have the right to terminate such treatment at any time.
- I understand that I am expected and have the right to participate in the development of my treatment planning and should give accurate information about my needs. I understand my provider cannot guarantee results, however my provider will have ongoing conversations with me about how services are going, goals, objectives, changes and questions I may have.
- I understand my therapist uses different treatment strategies to most suit my needs including family systems theories, cognitive behavioral therapy, dialectical behavioral therapy, TFCBT, EMDR (see below), psychoanalytic, internal family systems, Ego State therapy and others. *I can ask about any treatment approaches at any time and refuse such strategies.* Trauma treatments typically bring up painful memories and can bring about distressing dreams and other adverse side effects. EMDR and/or TF-CBT will be further discussed if these treatment techniques will be utilized.
- I understand *I am responsible for the fees associated with therapy services* and have read and understand the financial agreement, including my responsibilities to cover costs if insurance does not.
- I understand I will be charged the full fee for service for cancellations with less than 24 hours notice.
- For crisis services call the National Suicide Prevention line at 1-800-273-8255, Crisis Text Line at CRISIS (274747) from a cell phone. For life threatening emergencies call 911.
- I can file a grievance (see Minnesota Client Bill Of Rights on the website for addresses).