

# MAKARIOS COUNSELING

## INFORMED CONSENT

Please read the following information and sign at the end to indicate that you understand our policies and procedures.

1. Services: I am able to provide many different types of therapy for a variety of ages including individual and couple/marital. Therapy can vary in length depending on the collaborative efforts between therapist and client(s). The goals for counseling are developed with the therapist, are based on the client's needs and concerns, and are reviewed on a regular basis to monitor progress. The Counseling services are voluntary.
2. Appointments: Regular attendance to therapy is very important to ensure progress with the concerns and issues that have been presented. Please make every effort to keep appointments and be on time. Each family, marital or individual therapy session is approximately sixty minutes in length. If there is an emergency and you need to cancel or reschedule an appointment, please contact me as soon as possible to change or reschedule. You may call or text me directly on 321-710-6313. Whenever possible, please give 24 hours notice if you need to reschedule. Any cancellation or missed appointment without 24 hours notice may result in a charge of full-service fee.
3. I have a Master's degree in Clinical Mental Health Counseling and am a Licensed Mental Health Counselor within the state of Florida.
4. Fees: All fees are due at the end of each session.
5. Termination: The client is expected to inform the therapist if the client plans to discontinue counseling for any reason. The final session is an important part of the therapeutic process and helps to summarize the progress and appreciate the change and growth that has occurred. If a client does not show up for two of their appointments without calling to cancel or reschedule, the case file may be closed, and the client will be notified. The therapist may have to discontinue therapy with clients if the client is currently involved in domestic violence with their partner, substance abuse, or has shown violent or threatening behavior. The client may be given a referral to other more appropriate services for issues of substance abuse, violence, or severe mental health issues.
6. Benefits/Risks: The majority of individuals, couples, and families who obtain counseling benefit from the process. Self-exploration, gaining insight, exploring options for dealing with problem behaviors, learning new skills, or venting difficult feelings/experiences are generally quite useful, but some risks do exist. As counseling begins, please understand that some experience unwanted feelings and that examining old issues may produce unhappiness, anger, guilt, or frustration. These feelings are difficult, but a natural part of the therapeutic process and often provide the basis for change. Important personal decisions are often an outcome of counseling. These decisions, including changing behavior, exploring employment options, substance use patterns, schooling, and relationships, are likely to produce new opportunities as well as unique challenges. Sometimes a decision that is positive for one family member will be viewed quite negatively by another. Please do not hesitate to discuss counseling goals, procedure, or your impressions of the services being provided. If ever you don't understand a suggestion or comment that has been made, please ask for clarification.

**\*\*\* I have read and understand the nature and limits of the therapy services provided by Georgia J. Peckett of Makarios Counseling and I agree to participate.\*\*\***

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Therapist Signature: \_\_\_\_\_ MS, NCC, LMHC

Date: \_\_\_\_\_

Copy given to Client