

**Consent Form 5 -- Consent for Treatment**

**Client's Responsibility**

It is very important that a client understands everything that is required of him or her during the therapeutic process prior to committing to a treatment plan. Clients should be completely aware of and agree to the **Payment Contract, Cancellation Policy, Code of Conduct** and **Limits to Confidentiality**. All Consent Forms 1-6 need to be completed prior to starting treatment.

Clients are required to actively participate in therapy sessions and complete homework assignments on time. To make progress during treatment, a whole-hearted commitment is vital. Lukewarm commitment will lead to mediocre results at best.

Clients are solely responsible to make their own decisions regarding treatment. Clients are expected to develop the necessary self awareness and learn new skills to improve their own relationships. Decisions regarding personal relationships, whether to stay in a relationship or leave it, are also the sole responsibility of the individual client and not the therapist.

This consent form along with all other consent forms provide all information necessary for the client to make an informed decision whether to pursue treatment at this time or not. The client should seriously consider whether she or he can abide by the **Code of Conduct (Consent Form 3)**, the **Payment Contract (Consent Form 2)** and the **Limits of Confidentiality (Consent Form 4)**. Also, the client should consider whether he or she has the necessary finances, time, energy and motivation to bring about the desired changes he or she is seeking at this time.

**The Treatment Process**

A significant part of the treatment process is developing a strong and healthy relationship with the therapist. Both parties need to work together to develop a relationship of mutual trust and respect.

The therapist and client should cooperate with each other to design sessions to meet the client's specific needs. If the sessions are not progressing as the client desires, he or she is asked to make that known to the therapist and work with her to improve sessions.

Sometimes the outcome of treatment is not what a client may want. Partners involved in a relationship may not be able to resolve their differences and may separate.

**Termination**

The client may choose to terminate treatment at any time. It is recommended the client take a few sessions to de-brief and finish up as opposed to abruptly ending treatment.

The therapist may choose to terminate treatment at any time. If the client is not taking responsibility for his or her problems, not completing homework sessions, not developing new skills, and is not making reasonable progress, the therapist may deem it necessary to terminate.

If the client does not abide by the **Code of Conduct (Consent Form 3)** or **Payment Contract (Consent Form 2)**, the therapist will be forced to terminate treatment immediately.

I, \_\_\_\_\_ and \_\_\_\_\_ (client's name) have read the above cited clauses and understand their meanings and ramifications. I have been provided with enough information to make an informed decision regarding treatment at this time.

Client's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Printed Name \_\_\_\_\_

Client's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Printed Name \_\_\_\_\_