
INFORMED CONSENT STATEMENT FOR PSYCHOTHERAPY

Therapy is a relationship that works in part because of clearly defined rights and responsibilities held by each person.

My responsibilities to you as your therapist

Confidentiality

With the exception of certain specific exceptions described below, you have the right to the confidentiality of your therapy. I cannot and will not tell anyone else what you have told me, or even that you are in therapy with me without your prior written permission. I will always act so as to protect your privacy.

If you elect to communicate with me by email at some point in our work together, I am willing to respond briefly by return email, but please be aware that email and other electronic media are not completely confidential.

The following are legal exceptions to your right to confidentiality:

- I would inform you of any time when I think I will have to put these into effect.
- If I have good reason to believe that you will harm another person, I must attempt to inform that person and warn them of your intentions. I must also contact the police and ask them to protect your intended victim.
- If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform Child Protection Services.
- If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality. I will explore all other options with you before I took this step.

Record-keeping

I keep brief records of each session noting the dates we meet, the topics we cover, progress and next steps. My records are kept private and not shared with others, in accordance with the HPCSA requirements.

Diagnosis

If a medical aid is paying for your bill, I am required to give a diagnosis. Diagnoses are technical terms that describe the nature of your problems and something about whether they are short-term or long-term problems. If I do use a diagnosis, I will discuss it with you.

Other Rights

You have the right to ask questions about anything that happens in therapy. You can ask me about my training for working with your concerns, and can request that I refer you to someone else if you decide I'm not the right therapist for you. You are free to leave therapy at any time.

Fees

Individual and couples therapy is R990 per 55-60 minute session (medical aid rates). You will receive a statement at the end of the month which you submit to the medical aid for them to pay me.

Your Responsibilities as a Therapy Client

You are responsible for coming to your session at the scheduled time. Sessions last for 55-60 minutes. If you are late, we will end on time and not run over into the next session. If you miss a session without cancelling, or cancel with less than twenty-four (24) hours' notice, you will be charged for that session.

Complaints

If you are unhappy with what is happening in therapy, I hope you'll talk about it with me so that I can respond to your concerns.

I agree to the abovementioned terms.

NAME

DATE

SIGNATURE