

# Pam Meyerson & Associates, PC

## Informed Consent and Confidentiality/HIPPA

**Informed Consent:** Counseling can result in a number of benefits to you, including improving interpersonal relationships and resolution of specific concerns that initially led you to seek help and support. Working toward these outcomes requires effort on your part, as well as active involvement, honesty and openness to change. Your feedback is an important part of this process, along with views on progress and other aspects of the process. You will need to engage in this dialogue openly and honestly.

Sometimes more than one approach can be helpful in dealing with a situation. During the initial evaluation and throughout the counseling process, discussing unpleasant events, feelings or thoughts can result in emotional discomfort or feelings of anger, sadness, worry, fear, anxiety, depression or insomnia, among others. We may challenge some of your assumptions and perceptions, proposing different ways of looking at, thinking about, or handling situations that may feel upsetting, challenging or disappointing. Attempting to resolve your initial concerns, such as personal crisis, interpersonal relationships or life circumstances, may result in changes that were not originally intended. Counseling may result in decisions about changing your behavior, employment situations, substance use, schooling, housing or relationships. Sometimes a decision that is positive for one family member may be experienced negatively by another family member. Change will sometimes happen quickly, but more often it will take time and a certain degree of patience.

There is no guarantee that counseling will yield positive or intended results. During the course of therapy, we will employ a variety of therapeutic approaches depending on the primary presenting problem and an assessment of what will be of most benefit in resolving that issue. These approaches include, but are not limited to Psychodynamic Therapy, Insight-oriented Therapy, and Couples Therapy.

**Confidentiality:** All clients sign and agree to confidentiality/HIPAA guidelines describing the standards as a medical professional licensed by the State of Illinois to protect the privacy of your personal information. All information is kept private and confidential unless you provide written and specific authorization to share it such as if you need me to speak with your physician or another therapist. Exceptions include:

- threat of imminent and serious harm to self or others
- suspected abuse of a minor, elder or disabled adult
- a valid court order
- an event requiring immediate medical attention

The full text of this document is, of course, available for your review on [pammeyerson.com](http://pammeyerson.com) or upon request.

**Signature:** \_\_\_\_\_

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