



Informed Consent

Fleet and Family Support Center Counseling Services: The counseling services provided at the Fleet and Family Support Center (FFSC) include individual, couples, family and group therapy as well as psychoeducational programs such as Anger and Stress Management, Communication classes, and Parenting classes. Psychotherapy is not easily described in general statements. It varies depending on personalities of the therapist and client, and the particular problems you are experiencing. There are many different methods we may use to deal with the issues you hope to address. Psychotherapy calls for an active effort on your part. In order for therapy to be most successful, you will have to work on things both during sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings. On the other hand, psychotherapy has also been shown to have benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. While many of our clients experience these positive outcomes, there are no guarantees.

In your first session, your therapist will offer you some sense of what therapy will entail and how they will work with you to address your concerns. You should evaluate this information and whether you feel comfortable working with your therapist. If you have questions about our procedures, you should discuss them with your therapist whenever they arise. You have the right to ask for the rationale for any aspect of your treatment or decline any part of your treatment.

In an Emergency: In some instances, you might need immediate help at a time when your therapist is not at the FFSC or cannot return your call. These emergencies may involve suicidal thoughts, thoughts of wanting to hurt someone else, or thoughts of committing dangerous acts. If you find yourself in any emergency situation, call 911, the crisis clinic at (360) 479-3033 or go directly to Harrison Emergency Center for an assessment with a medical doctor. That doctor may develop a safety plan with you, refer you to another mental health center/provider or back to the FFSC. If you are a victim of domestic violence, you can call the YWCA hotline at: (360) 479-1980. If you are a victim of sexual assault, you can reach the SAFEHelpline at (877) 830-5549.

Client's Acceptance of These Provisions:

- I have chosen to receive counseling services at the Fleet and Family Support Center. Services may be provided in-person or may be virtual.
- I understand that my initial session will last approximately 1.5 hours. Each additional counseling session will last 45-50 minutes.
- I understand that there is no assurance that I will feel better. Counseling is a cooperative effort between a client and counselor, therefore I will work with my counselor in a cooperative manner to resolve my issues.
- I understand that during the course of my counseling, material may be discussed which will be upsetting in nature and that this may be necessary to help resolve my problems.
- I understand that confidentiality of records and information collected about me will be held or released in accordance with military regulations and corresponding laws regarding confidentiality of such records and information. The Privacy Act explains this in further detail.
- Information about my case may be shared, as necessary, with an FFSC clinical supervisor and/or clinical consultation team.
- I understand that a counselor must report all cases involving abuse or neglect of minors, suicidal thoughts and plans, and/or thoughts of wanting to harm others.

Date

Print Name

Signature

Date

Print Child's Name (if 13 or older)

Signature of Child (if 13 or older)

Date

FFSC Witness Signature