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THERAPEUTIC CONTRACT

The Therapy Process • At the outset, I will provide an assessment, including a diagnosis, and we will discuss treatment options. Participating in therapy can result in a number of benefits to you, including a better understanding of your personal goals and values, improved interpersonal relationships, and resolution of the specific concerns that led you to seek therapy. Working toward these benefits, however, requires effort on your part and may result in your experiencing considerable discomfort. Change, even when it is desired, is usually difficult and often slower than expected. Remembering and resolving significant life events in therapy can bring on strong emotions. Attempting to resolve issues in romantic relationships, with family members, and other individuals can also lead to discomfort and may result in changes that were not originally intended. It is always your decision what actions to take or not take; it is not my role to tell you what to do. I may suggest different methods in order to facilitate change, including art therapy, EMDR (Eye Movement Desensitization Reprocessing), sand tray, working with dreams, role-playing, cognitive-behavioral assignments, journaling, or insight-oriented talk therapy.

Guiding Principles

- You have the right to a confidential relationship with me. Within certain legal and ethical limits, information revealed by you during the course of therapy will be kept completely confidential and will not be revealed to any person without your written permission. Office staff and any professionals who work with or for me are also bound by this confidentiality agreement.
- If you ask me or if you agree to my suggestion, I can release information about your therapy with me to a person you specify. I will tell you when you make your request whether or not I think releasing that information to that agency or person might be helpful or harmful to you. Five years after the end of our work together, I will destroy all related files.
- I have a legal and ethical duty to report any suspicion of abuse or neglect of children and vulnerable or elderly adults.
- If you are in danger of harming yourself or someone else, I will take steps to protect those in danger. This may include making an emergency call to family, notifying law enforcement personnel or an intended victim, contacting a friend or relative, hospitalization, or referral for medical assessment.
- If you disclose information about another clinician who has engaged in unethical practices, or who is practicing psychotherapy without a license, I am obliged to report this to the appropriate board or to the Attorney General.
- To provide the best possible treatment, I regularly consult with other professionals about my cases; no identifying information about you will be given in these consultations.

- If I am working with you as part of a couple, I will not hold secrets for you if you give me relevant information privately. Instead, I will work with you to help you disclose information in order to facilitate an open and honest relationship.
- If your mental status is raised in a court of law, the information in your case file can be subpoenaed and I can be compelled to testify about your treatment and mental health. I will not release information to the court without your permission unless I am ordered to do so by a court order. I do not provide legal opinions on issues of custody. If you request and I agree to write a report or assessment, I will bill by my usual hourly rate for the time required to prepare the report.
- Should you choose not to enter or continue therapy with me, I will provide you with names of other qualified professionals. You are free to end therapy with me at any time; however, I hope you will discuss this with me so that we can have a good ending, even if you are displeased with my services.
- If you have a complaint about the services I provide or think I have acted in an unprofessional manner, you may contact the Nevada Board of Marriage and Family Therapist Examiners.
- If I believe that therapy is no longer beneficial to you, that you will be better served by another professional, or you have not met your financial obligations to me by more than two sessions in arrears of our agreement, I may choose to discontinue therapy and provide you with referrals to other therapists. Five years after the end of our work together, I will destroy the records of our work, as outlined in NRS 629.051.
- I will not engage in social media with a client or former client in order to protect the privacy of my clients and of myself.

I have read, reviewed, and understood the above descriptions of the risks and benefits of therapy, the limits of confidentiality, and the guidelines for therapy.

Date_____ Client's Signature_____

Date_____ Client's Signature_____

Date_____ Therapist's Signature_____