



## **Informed Consent for Psychotherapy**

*January 01, 2017*

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### **HOPEALLIANZ INC**

4205 Lancaster Lane North, Suite 111

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### **General Information**

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Your therapist will be Dr Jody L Friesen Grande, feel free to discuss any of this with her.

### **The Therapeutic Process**

You have taken a very positive step by deciding to seek therapy/counseling. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. Dr Grande cannot promise that your behavior or circumstance will change. Dr Grande can promise to support you and do her very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

Dr Grande believes that we are each on a personal journey, which is filled with challenges and opportunities ... seeking balance and harmony with our physical, mental, emotional and spiritual realms of life. We often look for answers, but they do not come as quickly as we want. We become impatient, discouraged, frustrated, angry and stuck. Be patient with the process ... continue walking along your path towards health and wellness.

### **Confidentiality**

The session content and all relevant materials to your treatment will be held confidential unless the you request in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exist and are itemized below:

1 If a client threatens or attempts to commit suicide or otherwise conducts him/herself in a manner in which there is a substantial risk of incurring serious bodily harm.

2 If a client threatens grave bodily harm or death to another person.

3 If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.

4 Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.

5 Suspected neglect of the parties named in items #3 and # 4.

6 If a court of law issues a legitimate subpoena for information stated on the subpoena.

7 If a client is in therapy or being treated by order of a court of law, or if information is obtain for the purpose of rendering an expert's report to an attorney.

Occasionally Dr Grande may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

If we see each other accidentally outside of the therapy office, Dr Grande will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to her, and she does not wish to jeopardize your privacy. However, if you acknowledge her first, she will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

### **About Dr Jody L Friesen Grande**

Dr Grande is committed to helping you on your life journey ~ assisting and supporting you in creating an authentic meaningful life that reflects your beliefs, values, and priorities. Therapy/counseling is a choice and can be something sacred and beautiful when explored, born, and manifested ... discovering there is a full range of experiences to embrace.

The mission of HopeAllianz Inc is to inspire and empower individuals and families to create an authentic meaningful life with wisdom and knowledge while promoting physical, mental, emotional and spiritual health. Focusing on the strategies of learning, growing and developing in a positive, healthy and vigorous ways!

To read more about Dr Grande ... visit her website at <http://hopeallianz.com>.

## ACKNOWLEDGEMENT

### INFORMED CONSENT FOR PSYCHOTHERAPY

*By signing, I acknowledge that I have received, read, understood and agree to the items contained in the Informed Consent for Psychotherapy.*

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Signature

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Date