

LIFE CHOICES ONLINE CONSENT FOR TREATMENT

Welcome to Life Choices Online, LCO. Here, therapy is about exploring areas of your life that are causing problems or discontent then learning and processing information about what you do or do not need to make desired changes. Services include mental health, substance abuse, or co-occurring disorders. It also includes life management issues such as loss, work, divorce, and many others.

Therapy is not always an easy process. It involves discussing situations in your life which you may not feel comfortable revealing. Emotions can arise which are difficult to address such as loneliness, failure, helplessness, sadness, anger, and loss. Please be patient with yourself should these issues arise knowing that I have accepted you into treatment after assessing your ability to resolve your issues with me to assist with the process.

Your hard work will often result in healthier relationships, better and more satisfying decision making, and a set of coping skills to address whatever issues you have decided to present for us to work through. You have the power and responsibility to decide on these issues, your goals, and your level of satisfaction with the progress you are making towards them. Just as you have decided to begin therapy you may also decide to end it at any time.

There are no guarantees and much depends upon willingness on both parts to enter and commit to the work being done. You will have to work on things we talk about both during sessions and while at home. Therapy involves your time, money, and energy. Only you can decide if you are willing to make that investment in yourself. If you have any questions about treatment please make sure you ask.

By signing this consent for treatment you are stating that you have read all paperwork and are prepared for the work to begin. You are giving consent for LCO to provide you with services. I look forward to beginning our therapeutic relationship.

Print Name: _____

Signature and Date: _____