

Client: Therapist: Christopher Holloway

Introduction

Welcome to my practice! This document contains important information about my professional services and business policies, as well as a summary of the Health Insurance Portability and Accountability Act (HIPAA), a federal law that protects your privacy and gives you certain rights over your Protected Health Information (PHI). Please read this document carefully and ask me any questions you have before signing it.

What is Therapy?

Therapy is a collaborative process between a client and a therapist in which the client works to achieve their own personal goals. Therapy can be used to address a wide range of issues, including mental health concerns, relationship problems, and life transitions.

Benefits and Risks of Therapy

Therapy can be beneficial for many people, but it is important to be aware of the potential risks as well. Some of the benefits of therapy include:

- Improved mental health
- Increased self-awareness
- Improved relationships

Some of the potential risks of therapy include:

- Experiencing uncomfortable emotions
- Feeling vulnerable
- Feeling like therapy is not helping

Confidentiality

All communications between client and therapist are confidential, except in the following cases:

- If the therapist believes that the client is at risk of harming themselves or others.
- If the therapist is required by law to disclose information, such as in the case of child abuse or neglect.
- If the client gives written consent for the therapist to release information to a third party.

Fees and Payment

You will be responsible for paying the therapist's fees for each session. You will pay the therapist at the end of each session.

Right to End Therapy

You have the right to end therapy at any time, for any reason. You do not need to give a reason for ending therapy.

Agreement

By signing this document, you agree to the terms of this informed consent form and to enter into a therapeutic relationship with Christopher Holloway.

Signature:

Date: