

MIND MAKEOVER THERAPY L.L.C.
CONSENT FOR TREATMENT

Please read through the following informed consent agreement. What follows is a basic understanding between client and therapist. In general, what are listed below are the responsibilities and obligations of your therapist, and also some expectations of you as the client. Do not sign the informed consent unless you completely understand and agree to all aspects. When you sign this document, it will represent an agreement between us.

Psychotherapy

- Voluntary Participation: All clients voluntarily agree to treatment, and accordingly may terminate at any time without penalty. Counseling involves a large commitment of time, money, and energy, so you should be thoughtful about the therapist you select. In the first couple of sessions, you should be deciding whether your therapist is right for you. If you feel it is not a good match, then your therapist will be happy to assist you in finding a new therapist.
- Client Involvement: All clients are expected to show up to appointments on time, be prepared to focus on and discuss therapy goals and issues, and will not attend while under the influence of mood-altering chemicals. All clients are expected to be open and honest so your therapist can assist you with your goals. Counseling calls for a very active effort on your part. For therapy to be most successful, you are encouraged to work on things we talk about both during our sessions and at home.
- Therapist Involvement: Your therapist will be prepared at the designated time, (barring emergencies), and will be attentive and supportive in meeting the therapy goals and do everything possible to assist you in achieving a greater sense of self-awareness and work toward helping you resolve problem areas. Your therapist will show up as her authentic self and provide direct feedback in sessions.
- Guarantees: Although the majority of people do get better in therapy, some do get worse. Accordingly, your therapist makes no guarantee of results. It is not possible to guarantee results such as: becoming happier, saving marriages, stopping drug abuse, becoming less depressed, and so forth. There are no refunds for services provided.
- Risks of Therapy: Just as medications sometimes cause unexpected side effects, counseling can stimulate painful memories, unanticipated changes in your life, and uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. In some cases client's symptoms become worse during the course of therapy, occasionally necessitating hospitalization. Mind Makeover Therapy L.L.C. will not be held responsible for adverse responses to treatment.
- Benefits of Therapy: The benefits of therapy can include: a higher level of functional coping, solutions to specific problems, new insights into self, more effective means of communicating in relationships, symptomatic relief, and improved self-esteem.

Credentials and Qualifications: ALL Mind Makeover Therapy services are provided solely by Brandie Sanders, LMSW. I am a fully Licensed Master Clinical Social Worker in the State of Michigan. My NPI is: 1124539564. My License number is 6801118536. I am credentialed to provide psychotherapy based on my training and education. My Counseling Approach is rooted in psychodynamic theory, treatment includes Cognitive-behavioral and Humanistic approaches and DBT skills. There is a large focus on client responsibility in therapy, creating a nurturing environment conducive to change, exploration of past events and how they continue to affect you today, analysis of underlying belief systems and their relation to inadequate functioning or hindrance to change, and implementation of specific emotional, cognitive, and behavioral techniques designed to help facilitate positive change. I maintain ethical practice and provision of services as outlined by the National Association of Social Workers and The State of Michigan Licensing and Regulatory Affairs.

Exceptions to Confidentiality and Privilege: The information and content shared in therapy will remain confidential, except as noted below. As mandated reporters, the Therapist is legally obligated to violate confidentiality under the following circumstances:

- When the therapist has reason to suspect that the client has been, or is currently, involved in the abuse or neglect of a child
- When the therapist has reason to suspect that the client has been, or is currently, involved, in the abuse or neglect of vulnerable adults
- If a client is pregnant and taking street drugs
- If the client reports sexual misconduct by another counselor
- If a client is a danger to themselves, i.e., if suicidal
- If a client is a danger to someone else, i.e., if homicidal
- If the courts order copies of records or Another time when confidentiality has limitations is for minor clients.

Therapy for Minors: All Minors 14 years or older must have a parent/consent for services, with exceptions deemed appropriate by the clinician. It is the policy that for minor children, where legal custody is split (joint) between parents or guardians who are no longer married or cohabiting, we need authorization and signature from both parents on our Informed Consent and Confidentiality Notice before the child is seen. These forms can be downloaded from our website and completed before the first appointment. Parents and guardians have the legal right to access a minor client's records. Minor clients do have the right to complete confidentiality in obtaining counseling for pregnancies and associated conditions, sexually transmitted diseases, and information about alcohol or drug abuse.

Phone Availability: I am often not immediately available by phone. If I am unavailable, you can leave a voice message, and I will make every effort to return your call the same day you have called, except on weekends and holidays. If you are difficult to reach, I encourage you to leave times when you will be available or utilize e-mail communication for non-urgent matters. Mind Makeover Therapy LLC phone line is not to be used in the event of an emergency all crisis assessments must be completed by contacting your nearest emergency department.

Termination: Either the client or the therapist may end therapy at any time. Your voluntary involvement allows you to discontinue at any time. If your therapist feels you are no longer benefiting from therapy or your therapist feels there is a conflict in values they may discuss termination. If you desire additional counseling your therapist will provide you with a referral competent to address your issues.