

# Treatment Agreement

The purpose of this document is for you and your parents/guardian to understand how therapy works and for us to agree on our roles. My role is to complete an evaluation and offer appropriate recommendations and treatment. Your role is to be honest in your answers to questions and to participate in the process with open discussions about your thoughts, feelings and behaviors. Your parents role is to be supportive but not intrusive, make sure that you are at your appointments, deal with the financial part of treatment, to give me information that they think is important for me to know, and to participate in family sessions as needed.

## Therapy

It usually works this way:

- Three sessions for the evaluation – this may include some testing.
- I will give feedback from my assessment and make my recommendations, first to you and then (in front of you) to your parents.
- If therapy is recommended, you and I will decide on the goals/things you would like to work on. We may have some family sessions where specific problems are addressed.

## Confidentiality

When you come to therapy our discussions are held in confidence. However, there are limits to what I can keep secret from your parents. Basically your parents will be told about things that threaten your immediate safety. I will alert them if:

- I am concerned that you will attempt to harm/kill yourself
- I am concerned that you are a physical threat to harm someone else
- I learn that you are being abused by anyone. (I am required by law to report this to DHR as well)
- You need more treatment than I can provide (i.e. need medication or hospitalization)

Your parents understand that if I tell them all the things you do, you would likely not be open with me. That would of course, limit how helpful I can be to you. I call behaviors that can be dangerous but do not threaten your immediate safety *gray zone behaviors*. I may or may not choose to alert your parents about these. These could include things such as:

- Drug and/or alcohol use
- High risk sexual behavior
- Gang related activities

Under circumstances such as these I will discuss with you my concerns and we will decide together how to inform your parents. Ultimately, it will be my decision whether I think your safety is in danger enough to break your confidence and tell them.

My records about your treatment are considered "privileged". By Alabama law if you are 14 years or older they cannot be shared with anyone without your written permission. Your parents have however, signed on the intake forms that I can provide the basic information to your insurance company in order to get paid. I also am required to provide your file to the courts, with or without your permission, if I receive a court order signed by a judge.

## Ways to Contact Me

I do not have an on-call service. However, in case of emergencies, I am available by pager. Sometimes, though, you may wish to talk or tell me something, but it is not an emergency (although it may seem urgent). Other times, you may want me to know things but know you will forget by the next time we meet.

- You can phone me and leave a message (205-664-4010)

