

PSYCHOTHERAPY AGREEMENT & INFORMED CONSENT FOR TREATMENT

PSYCHOTHERAPY

Description

Psychotherapy varies depending on the personalities of the psychotherapist and the client, as well as the particular concerns you bring forward. It is done mostly through conversation, so you can expect us to talk about your life experiences in the past and the present as well as goals for the future. From time to time, other methods may be implemented. In order for the therapy to be most successful, it will be important for you to work on things that we talk about both in, and outside, of our sessions.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who participate in it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress.

Professional Disclosure Statement

Eve GunderKline, Licensed Clinical Social Worker – #149.017384

I graduated with my MSW from University of Illinois at Chicago. I earned my clinical license after graduation and most recently completed a Fellowship with the Chicago School for Psychoanalysis. I have experience working with individual adults, teens, and children. I regularly attend professional development trainings and seminars in order to further my knowledge and provide the best experience for my clients.

Limitations of Confidentiality

In general, communications between a client and psychotherapist are confidential, and can only be released with the client's written permission. However, disclosure may be required in the following circumstances: When there is reasonable suspicion of child abuse or abuse to a dependent or elder adult. When the client communicates a threat of bodily injury to others. When the client is suicidal. When disclosure is required pursuant to a legal proceeding.

Complaints

All complaints should be brought directly to myself as a first course of action. If left unresolved you may place that complaint in writing and sending it to: Illinois Department of Professional Regulation Complaint Intake Unit 100 W. Randolph St., Suite 9-300 Chicago, IL 60601

Emergency Procedures and Contacts

For help in an emergency, please call 911 or go to your nearest hospital emergency room.