



## Informed Consent to Counseling

*We know that making the decision to receive counseling is a big step. We are here to support you along the way.  
If you have any questions or concerns, please feel free to talk with your counselor or advocate.*

- S.A.C. provides individual and group counseling, advocacy, and education for adults, children, and non-offending loved ones of survivors of sexual assault.
- S.A.C. therapists adhere to the highest standards of ethical practice, and avoid entering into dual relationships because it can interfere with the healing process. Some examples: therapists don't "follow" or "friend" clients on social media, meet outside of therapy sessions, or hire clients to do work for them.
- S.A.C. therapists are all trained in trauma informed and evidenced based interventions including: TF-CBT (Trauma Informed Cognitive Behavioral Therapy), EMDR (Eye Movement Desensitization and Reprocessing), Play Therapy, ARC (Attachment, Self-Regulation, Competency), Sandplay, CPT (Cognitive Processing Therapy), CCT (Client Centered/Humanistic), CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavioral Therapy), Hypnotherapy, Therapeutic Yoga, and psycho education. Therapists and clients determine together the treatment modalities to use based on therapist expertise and client needs.
- In order to bill insurance, therapists must provide a mental health diagnosis code. While a preexisting diagnosis will be considered, codes typically given at S.A.C. for presenting issues include: adjustment disorders, trauma and stressor related disorders, anxiety, and depression. Therapists may be asked by insurance companies to disclose other details of PHI (protected health information).
- Possible risks of counseling may include, but are not limited to nor guaranteed: temporary increase in disturbing thoughts/feelings/nightmares/coping, changes in relationships, stress, or unsatisfactory change.
- Possible benefits of counseling may include, but are not limited to nor guaranteed: improved mood, decrease in trauma symptoms, increased self-expression, improved self-esteem, stress management, improved relationships, greater empathy, counter conditioning fears, increased creative problem solving skills, greater access to resources, improved school/work performance, decrease in nightmares/intrusive thoughts, and harm reduction.
- S.A.C reserves the right to refer those who do not fall within our scope of practice to more appropriate community services, as well as those who would appear to benefit from a higher level of care, at any time.

I have read, discussed, and understand the possible risks and benefits to counseling, and  
consent to treatment.

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Client's Name (Signature)

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Client's Name (Print)

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Date

**If Client is a minor:**

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Parent/Guardian (Signature)

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Parent/Guardian (Print)

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Relationship to Client

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Date