

NANI WADDUPS, LPC

Mental Health Counseling

Couples Consent to Treatment

All clients are required to give their consent to counseling prior to receiving services. Clients are expected to attend appointments regularly, to notify the counselor prior to cancellations, and to participate as an equal partner in the counseling process.

RISKS AND BENEFITS TO COUNSELING

Couples counseling is designed to support your relationship by repairing unresolved ruptures, enhancing communication skills, increasing intimacy and trust, and learning to cope more effectively with difficulties as they inevitably arise over time in your relationship. The benefits may seem obvious: a reduction of distress and anxiety, a healthier relationship, and a satisfying mastery in genuine problem solving.

You should also know that there are some “risks” involved in this work. Whenever we stretch ourselves to our “growth edge,” it can be scary and uncomfortable. It is possible that you will experience some initial increase in stress, particularly during the early stages of counseling as you make yourself more vulnerable to your partner. I try to limit this discomfort by working closely with you and staying in touch with your level of comfort and reminding you that the work is in service of a healthier and more satisfying relationship. Couples therapy may be hard, but the risk of not taking on the challenge is more threatening: problem may get worse.

CONFIDENTIALITY: Your Privacy and Its Limits

Counselors have a legal and ethical obligation to keep your information private.

As your counselor, I will not share anything about you with anyone unless you give written permission, or unless one of the following exceptions to confidentiality occurs:

- Consultation with colleagues and supervisors: I will talk about your case with supervisors and professional peers to get advice about your treatment.
- Emergencies: I may share information about you with other professionals or agencies in a medical or mental health emergency, or for follow up after an emergency.
- Future Harm: If I learn that you or someone else might be seriously harmed in the immediate future (including suicide), I will attempt to stop this. I will try to keep you and others safe by talking to anyone who might get hurt, anyone who might help, and/or by calling 911.

- Child Abuse (including witnessing domestic violence), Elder Abuse, or Abuse of Persons with a Mental Illness or Disability: Under Oregon’s mandatory reporting law, I will report any known or suspected abuse or neglect to the appropriate authorities.
- Committing a Crime: Information you give me regarding the act of committing a crime may need to be reported to the appropriate authorities.
- Subpoena or Court Order: If I am ordered to go to court, I may have to give information about you without your permission.
- Access to Records by Non-Custodial Parents: If your child is in treatment, both parents have rights in regards your child’s information. Only a court order can limit this right of the non-custodial parent.
- Counselor Defense: We will disclose any information deemed necessary in response to any legal claims brought against me by a client.
- If I am no longer available: If I am incapacitated in any way, I have designated as my Custodian of Record, my colleague Zuzana Sakova (503) 333-0057. She has access to my office and your files, so you have someone to ask about your records and perhaps for referrals to other therapists.

By signing below, I agree that:

- I have read this document, and understand the information in it.
- I have had all my questions regarding this document answered to my satisfaction.
- I freely give my consent to treatment by Nani Waddoups

(Partner #1 Signature)

(Partner #1 Printed Name)

(Partner #2 Signature)

(Partner #2 Printed Name)