

**Ellen M. Greenfield, Ph.D.**  
Licensed Counseling Psychologist – PSY 15279  
**Consent For Treatment**

Client Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

I understand that all communication between me and my psychotherapist is both privileged and confidential. This means that Dr. Greenfield will not discuss any aspects of my psychotherapy orally or in writing with other people without my express written permission. Only under the following circumstances, which are exceptions to confidentiality dictated by California law, would confidential information be revealed, and every effort would of course be made to resolve these issues before taking such action:

- (1) If an individual intends to take harmful or dangerous action against another individual, it is the psychologist's duty to warn the police and the person and/or the family of the person who is likely to suffer the results of harmful behavior.
- (2) Psychologists who have knowledge or suspicions of abuse or neglect of a child or elderly person or dependent adult are required to report such concerns to the appropriate authorities.
- (3) Psychologists are required to take reasonable action to protect patients who are in danger of taking their own life.

Additionally, in accordance with the American Psychological Association's Ethical Guidelines, Dr. Greenfield may deem it clinically necessary to discuss some aspect of my psychotherapy with another qualified professional for the purpose of furthering the treatment goals. It is understood that neither my name nor any identifying information would be communicated in such circumstances.

Psychotherapy is a process in which people in difficulty seek the expertise of a therapist. Together, they define the problem, look at what hasn't been working, and create treatment goals for therapy. While the results of therapy cannot be guaranteed, progress does depend upon multiple factors including client motivation and effort, other life circumstances, and an open and honest communication between client and therapist. Therapy sessions don't always make you feel good and in fact, many people feel worse before they feel better. At times you may feel anxious, depressed, frustrated or hopeless, but these feelings are usually temporary, and are a normal part of the therapy process. Feel free to discuss your impressions and concerns with me and we will work together to adjust the treatment plan accordingly.

I have discussed the nature of psychological treatment, including methods available, confidentiality and its limits, and the treatment plan and goals of treatment with Dr. Ellen Greenfield and **I give permission to Dr. Greenfield to provide me (my child) with psychotherapeutic or psychodiagnostic services.**

\_\_\_\_\_  
Signature of Client (Parent, Guardian)

\_\_\_\_\_  
Date

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Ellen M. Greenfield, Ph.D.

\_\_\_\_\_  
Date