

# *Life Solutions Coaching and Counseling*



**Life Coaching and Professional Counseling**

## ***Informed Consent and Client Rights***

### ***Counseling Relationship***

The therapeutic process involves a relationship between the client and the therapist. This relationship is one of mutual responsibility in which both parties work together to explore issues and feelings, deal with problem areas, develop strengths, work toward goals and resolve conflicts. Though this process often requires the setting of specific established goals which are arrived at conjointly by the client and the therapist, it is ultimately the client's responsibility to decide what the goals will be. It is the task of the therapist to help make sure the goals are challenging and realistic, and maintain a professional and therapeutic environment while maintaining the context of mutual confidence, trust, and regard.

### ***The Counseling Process***

The counseling process generally involves four phases. The first stage is the Exploration Stage. In this stage the client's background is explored, presenting problems and issues, and possible causes in an attempt to gain a better understanding of the client's needs. The next stage is the Goal Setting Stage. In this stage the client and the therapist work together to determine some realistic, challenging, and desirable goals for the client during therapy which can in some way be measured and evaluated. The third stage is the Working Stage. During this stage the client and the therapist work together to achieve the goals set. The last stage is Conclusion and Termination. When it is apparent that the goals set by the client and the therapist have been met and satisfied, and or the client is able to function on his or her own, the therapist will help the client with plans for personal maintenance, which could include possible future periodic follow-up visits. It is important for the client to understand that at any point in each of these phases, strategies and goals can be revisited, evaluated, readjusted, or redefined by both the client and the therapist. The client may wish to explore issues not originally discussed in one of the previous stages of the therapeutic process.

### ***Risks and Benefits of Therapy***

Counseling and the therapeutic process can be a great source of healing and growth; however, during the process some risks may be experienced. Counseling can open up levels of awareness which could cause emotional hardship and anxiety for the client. Clients could experience disruptions as they make changes in their lives. This may affect and unsettle relationships as well. The client should be aware that people close to them may not respond ideally to their treatment, experience, or changes brought about by the process and that may require the client to make adjustments in those relationships as well as in the client's life. It is ultimately up to the client to determine whether the possible conflict and adjustment will be worth the potential gain for him or herself.

**I have read and fully understand all the above disclosure statement and agree to the terms therein.**

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Client Signature (and parent/guardian if under 18)

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Date

## ***Client Rights***

As a client, you have the right to:

1. Be informed of evaluations and treatments at any part of the counseling process and of the services, policies, and procedures
2. Be informed of potential risks and benefits of counseling
3. Ask any questions about the counseling process and therapeutic techniques that may be used in the therapeutic process
4. Ask about the counselor's qualifications (such as education, training, licensure, experience)
5. Know the therapeutic orientation of the counselor
6. Refuse to answer any question
7. Refuse audio or video recording of sessions (if requested by counselor)
8. Request the presence of significant others during sessions
9. Be informed of any deviation from standard practices
10. Refuse the administration of any evaluation procedure or intervention
11. Discuss your own counseling with anyone they choose, including another counselor
12. Request another counselor if uncomfortable or dissatisfied
13. File a complaint with the counselor's supervisor, the counselor's licensing board, or other appropriate government agency about problematic, unethical, or illegal behavior by your counselor
14. Know the costs of services
15. Know the expected and projected length of therapy
16. End counseling and or seek referral at any time.

**I have read and fully understand all the above disclosure statement and agree to the terms therein.**

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Client Signature (and parent/guardian if under 18)

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Date