

Arkansas Relationship Counseling Center

Therapy Agreement

Agreement to Treatment

I hereby give permission for any therapy, testing, or diagnostic evaluation seen as helpful by Arkansas Relationship Counseling Center (ARCC)* therapist to treat me, my marriage, family, or other relationship. I understand that therapy may sometimes lead to unanticipated emotional stress as well as emotional improvement, and that ARCC does not guarantee any particular results or outcome from the therapy process. I understand further that I am free to discontinue therapy at any time.

Agreement to Recording and Observation

Because therapist with ARCC may require or choose licensure supervision, I further agree to allow recording and/or observation of my therapy for the purpose of clinical treatment and training. I also understand that recordings **ARE NOT a part of the permanent records of the session.**

Understanding of Confidentiality

I understand that all records, recordings, and other information concerning therapy will be kept in strict confidence by the therapist or anyone otherwise affiliated with the session. ARCC may not give information about my therapy to others, including the fact that I or my companions or family members are in treatment, except when specifically required to by law, or with my specific written consent.

Exceptions to Confidentiality

While ARCC therapeutic records are confidential, I realize that there are times when my therapist or ARCC consultants may be legally or ethically required to share information against my wishes. I understand that my therapist or affiliated participants are required by professional ethics and law to report evidence or suspicion of child abuse or neglect, with or without client consent, including evidence or suspicions formed in the course of treatment. I further understand that ARCC is required by professional ethics and law to report threats to physically harm others or ourselves that I, my companions, or members of my family may make, regardless of my or our wishes. Finally, I recognize that ARCC is legally obligated to break confidentiality when ordered to testify by a court of law.

Understanding that Therapy is NOT an Emergency Service

I am aware that ARCC is not an emergency or 24 hour service. In an emergency, I will call the local police, medical emergency service, or another appropriate agency.