

Informed Consent Form

The goal of this informed consent sheet is to help you and the people you care about understand some of the ideas and practices that I, and those who have consulted us in the past, have found helpful. Our intention is to invite you and them to new creative approaches to the problems or concerns that bring you here.

Narrative Approaches

I use Narrative ideas and approaches as the foundation of my work. Sometimes called Narrative Therapy, they are a growing set of ethically based and innovative therapy ideas that recognize people use narrative, or story, to make meaning of their lives and identity and as such can re-author them.

I will ask you questions about your life and concerns to facilitate what we hope is a meaningful conversation of re-authoring your life according to your intentions, purpose, values, beliefs, hopes, dreams, visions and commitments to ways of living. I want to creatively consult some of the personal and professional stories, resources and ideas you may or may not fully have considered in the hope that they might provide new possibilities and ways to address the concerns that brought you here. And I invite you to creatively express yourself through words, writing, art, music, philosophy, etc. In addition, I am trained in and may suggest other possible helpful, collaborative and research informed therapy approaches and ideas.

Some Ideas and Practices I find Helpful : You Are the Expert

I see people as the expert in their own lives and view problems as separate from people. Narrative therapy assumes that people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of the problem in their lives.

The Person is NOT the Problem

I avoid thinking or speaking of those I consult with or their loved ones as the "problem." Rather, the problem is the problem. I strive, with compassion and understanding, to ally with people to help them stand up to or change the relationship to the problem and reclaim their lives from the problem.

Externalized Conversation

As someone consulting here you might notice that if you say "I am depressed", I might ask "How did you notice depression first influence your life?" This is an example of how I separate the person from the problem. This can help move from what we call problem-centered identities towards a more full description of life and can help put problems in their broader context.



Life is Multi-Storied

Just as one's preferred identity may be rendered invisible by problems, so also one may look back at life and see little, except a problems-saturated history. I may ask unusual, exceptional and curious questions that help you put into words things often thinly described or hidden stories of richer understanding, strength, possibility and hope. In this way, I find people can often creatively reclaim or construct, with the support of others, a preferred reality or identity.

Therapist: Influential and De-Centered

As we consult I will strive to be influential and de-centered working to keep your ideas and preferences central. I will strive to be a responsible collaborator and co-author with those we work with, rather than pretending to be an expert who tells you how to live your life. While I may share some of my ideas, resources and experience regarding some ways a problem can influence a life, based on what others have told us, we prefer to first acknowledge and build on your unique story, wisdom and resources. I view my role as someone who is making your own words, ideas, theories and practices more visible.

Collaborative

I find that problems often isolate us and make it hard to find opinions, possibilities and connections in our lives. I may ask you, with your full approval and understanding, to sign release forms to allow me to collaborate with key family members, relatives, friends, associates and involved professionals. Any requested information (assessments, report, diagnosis etc.) will be reviewed with you. I strive to collaborate in a sensitive, respectful, ethical, legal and creative way.

Questions, Concerns, suggestions

Please feel free, at any time, to express your questions, concerns, complaints or suggestions to me. It is through feedback and collaboration that the therapeutic process improves.

Confidentiality

The relationship between us is confidential, by law. I will not release information about you without your written consent. The limitations to confidentiality include: Abuse of children or vulnerable adults must be reported to the County welfare Dept., Where there is a clear and present danger to yourself, any other person or to society, it must be reported to the appropriate authorities, If records are subpoenaed by proper authorities or if your diagnosis is required by insurance provider.

Client Signature

Date

Client Signature

Date