



Informed Consent and Assignment of Benefits

I understand that psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and patient, and the particular problems I am experiencing. There are many different methods used to deal with the problems that you hope to address. I understand that psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of my life, I understand that I may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what I will experience.

I understand that my treatment and evaluation are confidential, but there are limits to this confidentiality. Confidential information may be disclosed/released under the following conditions:

- I give permission to **D & A Counseling** to release/disclose information.
- I have been judged by **D & A Counseling** to be a danger to myself and/others.
- In compliance with the laws of The State of Texas, related to the reporting of abuse, neglect, or exploitation.

I authorize **D & A Counseling** to consult with and discuss the results of my confidential evaluation and treatment with the medical, nursing, and therapeutic staff in order to facilitate the highest level of medical restoration and quality of life. I also authorize **D & A Counseling** to furnish information to my insurance carrier concerning my diagnosis, treatment, and related matters. I assign to **D & A Counseling** all payment for professional services rendered, and I understand that I am responsible for paying **D & A Counseling** the amount not covered by my insurance. I understand that **D & A Counseling** provides therapeutic services to clients, and will not engage in any personal relationship with clients and their families outside of the professional relationship.

D & A Counseling accepts Medicare and supplemental insurance for services provided. As a courtesy to their patients, **D & A Counseling** will bill your insurance(s) for these services. However, be aware that Medicare adjusts their rates yearly and not all supplemental insurance pays the same.

D & A Counseling cares about the treatment of their patients, and should you have a deductible or co-payment, we will work out a monthly payment plan with you.

Printed Name

Signature

Date