

Transcend Therapy, Inc.

Mental Health Associate Informed Consent to Treatment

Associate Training

Associates have a master's degree and have completed core courses in counseling prior to beginning their clinical experience at this office.

Client Rights and Responsibilities

Clients have the right to receive counseling in which the individual's dignity, worth and uniqueness are respected. Your associate therapist will provide you with quality informed psychotherapy services that are offered under close clinical supervision. Additionally, however, the success of the counseling relationship depends on your willingness to be open and involved in the therapeutic process. Individuals who participate in counseling can experience changes in personal views, attitudes and coping skills. Sometimes those close to you may need time to adjust to the new perspectives and behavioral changes that may evolve during your counseling.

Limits of Confidentiality

Associates will provide services under the supervision of Anna Regina de la Paz, LMFT (LMFT #103600).

If you have questions or concerns at any time during the course of your treatment that you do not feel comfortable discussing with your associate therapist directly, you may contact clinical supervisor Anna Regina de la Paz, LMFT at 619-813-7881 or the practice owner Maria (Cecille) Ahrens, LCSW, CEAP at 619-823-1382.

By signing below, the client or parent/legal guardian acknowledges that they have read the information above and has had any questions regarding its contents explained and agrees to allow counseling services to be provided by an associate.

Client Name: _____

Client or Parent/Guardian Signature: _____ **Date:** _____

Mental Health Associate: _____ **Date:** _____