

Laura S. Pitaniello, MA MFT
Informed Consent

Therapy Process

Therapy is a collaborative endeavor to address the concerns that have brought you to therapy. If, at any point, you have questions about any aspect of therapy, or the approaches being used, please feel free to ask for clarification.

In order for therapy to be successful, commitment and effort on your part is essential. Periodically, I will check in with you, the client, to see if you are satisfied with your therapeutic experience. If our sessions are not helpful to you, we may want to discuss the use of other service providers.

Benefits and Risk of Therapy

I hope that our work together will be a healing experience and provide you with the necessary tools to address your concerns. The possible benefits of participating in therapy may include:

- Healing and resolution of the concerns that led you to seek therapy
- Attaining a better understanding of yourself and how you relate to others
- Developing skills for improving your relationships
- Discovering new ways to cope with a variety of emotional pressures
- Navigating life's obstacles more effectively
- Modifying unhealthy behavior and engrained patterns
- Increased peace, health and well-being

In spite of all the possible benefits, it is important to note the possible risks associated with participating in therapy. These risks could include but aren't limited to the following scenarios:

- Therapy may require addressing a variety of intense emotions, as well as displeasing relationship patterns. At times, this experience may be uncomfortable.
- Therapy can sometimes lead to individual decisions that can be disruptive for yourself and/or your family.
- Therapy is not an exact science, so there is no guarantee as to therapeutic outcomes. Some people experience no improvements in their situation, and a few may even think things are worse after treatment.

Licensure & Credentials

I am a prelicensure Marital and Family Therapist, and an American Association for Marriage and Family Therapy (AAMFT) Member. I am under the clinical supervision of Charles Lemieux, LMFT, 27.001375 Connecticut.

Appointments and Fees

The rate for each session (50 minutes) is \$150. Payment is required at the time of therapy. Twenty-four hours' notice is required for cancellations. If you are unable to provide 24-hour notice, you will be charged the full session fee of \$150. Payment can be made with credit card, cash, check, or Venmo. A sliding scale is available as well.

Insurance

As a prelicensure clinician, I am unable to accept insurance.

Emergencies

I am unable to provide 24-hour coverage. In cases of an emergency, and in the event I am unable to return your phone call in a timely manner, please contact 911, your physician, the nearest hospital emergency room, or Infoline at 211.

The signature(s) below indicate you have voluntarily agreed to enter into therapy. The information contained in this form has been discussed with and understood by all participating members of therapy. Concerns or questions about these items may be discussed at any point in the therapeutic process.

Signature Date

Signature Date

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