

**ASK JOHANNA SPARROW
COUNSELING SERVICES
CLIENT CONSENT FORM**

COUNSELING is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist who has the desire and willingness to help you accomplish your individual goals. Counseling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counseling, there may be periods of increased anxiety or confusion. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counseling process.

CONFIDENTIALITY:

All interactions with Ask Johanna Sparrow, including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential. You may request in writing that the counseling that Johanna Sparrow release specific information about your counseling to persons you designate. Covers phone and email counseling.

There is a \$ 200.00 fee for Ask Johanna Sparrow counseling services. You receive 480 minutes.

I have read and discussed the above information with my counselor. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a client of the Ask Johanna Counseling Services.

Signature of Client

Johann Sparrow

Signature of Counselor

Date