

## **Informed Consent for Psychotherapy**

### General Information

The therapeutic relationship is unique in that it is a highly personal and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work, and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by filling in the checkbox at the end of this document.

### The Therapeutic Process

You have taken a very positive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety, etc. There are no miracle cures. I cannot promise that your behavior or circumstance will change. I can promise to support you and do my very best to understand you and repeating patterns, as well as to help you clarify what it is that you want for yourself.

### Confidentiality

The session content and all relevant materials to the client's treatment will be held confidential unless the client requests in writing to have all or portions of such content released to a specifically named person/persons. Limitations of such client held privilege of confidentiality exist and are itemized below:

1. If a client threatens or attempts to commit suicide or otherwise conducts him/her self in a manner in which there is a substantial risk of incurring serious bodily harm.
2. If a client threatens grave bodily harm or death to another person.
3. If the therapist has a reasonable suspicion that a client or other named victim is the perpetrator, observer of, or actual victim of physical, emotional or sexual abuse of children under the age of 18 years.
4. Suspicions as stated above in the case of an elderly person who may be subjected to these abuses.
5. Suspected neglect of the parties named in items #3 and # 4.
6. If a court of law issues a legitimate subpoena for information stated on the subpoena.
7. If a client is in therapy or being treated by order of a court of law, or if information is obtained for the purpose of rendering an expert's report to an attorney.

Occasionally I may need to consult with other professionals in their areas of expertise in order to provide the best treatment for you. Information about you may be shared in this context without using your name.

Elizabeth Greivel Psychotherapy  
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(510) 397-8175

If we see each other accidentally outside of the therapy office, I will not acknowledge you first. Your right to privacy and confidentiality is of the utmost importance to me, and I do not wish to jeopardize your privacy. However, if you acknowledge me first, I will be more than happy to speak briefly with you, but feel it appropriate not to engage in any lengthy discussions in public or outside of the therapy office.

#### About Elizabeth (Beth) Greivel

I worked as a Technology Manager and Software Trainer in a medium-sized corporate law firm for fifteen years, volunteering in my spare time with a hotline for LGBT\*Q adults and youth. I loved my job and co-workers, and also wanted to integrate my natural propensities for caring and curiosity into a career as a long-term psychotherapist.

I have trained in depth psychodynamic psychotherapy at The Psychotherapy Institute in Berkeley. I also completed an externship in Emotionally-Focused Therapy for couples, as well as training in couples therapy in Accelerated Experiential-Dynamic Psychotherapy. Additionally, I spent two years volunteering as a counselor to teenagers with College Track in Oakland.

My undergraduate degree in English is from The University of Colorado - Boulder. I earned Master's degrees in Education and Counseling Psychology from The University of Denver and The Wright Institute, respectively. I have worked as a Graduate Instructor at The Wright Institute in courses on Multicultural Studies, and Sexuality. I have also taught Diagnosis as an Adjunct Professor.

I have served on the boards of the GLBT National Help Center as well as Gaylesta, the Psychotherapist Organization for Gender & Sexual Diversity. Currently, I serve on the Education Committee for The Psychotherapy Institute.

