**Consent Form**

Ashley Hurdle is a marriage and family therapist registered intern (imf #69308) supervised by Dr. Kara Hart (psy21130). This means that Ashley discusses her clients with her supervisor to enhance the therapeutic process. By consenting to work with Ashley, you consent to have your information shared with Ashley’s supervisor, who is a licensed psychologist.

Under the ethical obligations of psychologists and psychotherapists, this form outlines specific policies and procedures of Ashley’s practice.

*Patient’s Rights:* Our relationship is strictly voluntary and you may leave the psychotherapy relationship at any point you wish.

*Limits of Confidentiality:* In general, psychotherapy is strictly confidential and information about your therapy can only be shared by express written consent. Limits to this confidentiality include threats of self harm, harm to others, instances of child, elder, or dependant adult abuse. Ashley is legally mandated to break confidentiality in these situations. Ashley is an intern under supervision and her clients will be discussed with her supervisor, who upholds confidentiality.

*Payment and Fees:* Sessions are generally paid for at the time of the session, by cash or check. Ashley does not accept insurance but can provide monthly billing statements for your insurance carrier.

*Professional Records:* Both the law and standard of the profession require that Ashley keeps appropriate records of your treatment, including a brief summary of each session, record of payments, and any other information or form pertinent to your treatment.

*Therapeutic Process.* Participating in therapy may result in a number of benefits for you including a better understanding of yourself, improved interpersonal relationships, and/or resolution of specific concerns that led you to therapy. Therapy can also be challenging and painful at times. It is important to note that therapy can be very difficult in the initial few sessions, and Ashley encourages you to discuss these feelings in with her.

*Appointment and Cancellation Policy:* Sessions are 50 minutes long. Ashley has a 48 hour cancellation policy. Please give reasonable notice to reschedule an appointment, and if both schedules can accommodate the change within the same week, Ashley will reschedule your appointment with no additional fees. Please give two weeks notice before a vacation.

**I have read and fully understand the above policies and agree to abide by them.**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_