



PROVIDENCE
COLLEGE

Personal Counseling Center

Informed Consent for Assessment and Treatment Form

Name: _____

Welcome to the Personal Counseling Center. This document contains important information about our professional services. Counseling is not easily described in general statements. The techniques and approaches counselors employ, which are rooted in evidence-based research, vary depending on the personalities of the counselor and client, and on the particular problems you bring forward. You should feel free to talk with your counselor regarding any questions you have about today's assessment and about the counseling process. Please note that treatment does call for a very active effort on your part; the counseling process should be a collaborative one between you and your counselor. In order for counseling to be most helpful, you will have to work on things discussed both during and between sessions.

Counseling may involve discussing difficult aspects of your life and you may, at times, experience feelings of sadness, guilt, anger and frustration. Among the benefits to counseling, as reported by clients, are better relationships, solutions to specific problems, and significant reduction in feelings of distress.

CONFIDENTIALITY

Confidentiality is a key component of psychotherapy. Confidentiality in the Personal Counseling Center is guided by the professional ethics of the mental health disciplines, and by state and federal law. Information shared by students in counseling, including the fact of counseling, is confidential and may be released with the consent of the student or under a very limited range of exceptions. For example, if there is a determination that the student poses a significant threat of serious and imminent harm to self or others, if there is suspicion that a child or vulnerable adult is being abused or is at risk of abuse, or if we receive a lawfully issued subpoena or judicial order, disclosures may be authorized.

At the PCC we believe in providing integrated care that considers the needs of the whole person. For this reason we often seek to make referrals to, and as needed and appropriate to coordinate care with, providers in the *Providence College Student Health Center*. If you prefer to opt out of this coordinated care system, please speak with your counselor.

SESSION INFORMATION

Sessions are approximately 45 minutes long, and, except for emergencies, are by advance appointment only. Please be mindful of your appointment time and call our office if you will be late. If you must cancel an appointment, it is your responsibility to call 24 hours in advance and to communicate that you would like to reschedule your appointment when you cancel.

RECORDS

The Personal Counseling Center maintains electronic records of the services you received. They are stored on a secure and separate system from educational records and are kept confidential. Aggregate statistics without identifying information are useful for data analysis.

EMERGENCY/CRISIS CONTACT

If you are experiencing a mental health emergency during business hours, contact The Personal Counseling Center at 401-265-2343. If it is after hours or on the weekend, contact the Office of Safety and Security at 401-865-2222. Please call 911 for off campus emergencies.

USE OF EMAIL FOR COMMUNICATIONS BETWEEN YOU AND THE PCC

Counseling Center staff do not monitor email on a 24-hour basis. Please call the Counseling Center if you wish to connect with your counselor regarding your treatment. For scheduling or survey purposes, email may be used on occasion to contact you.

I have read and I understand the contents of this Information Consent Form and based on this information, by my signature below, I hereby consent to participate in the assessment and treatment offered to me by the staff at the Personal Counseling Center. I understand that I may end my treatment at any time.

Signature: _____ Date: _____

Witness: _____ Date: _____