

Informed Consent – Client-Friendly Summary
Phoenix Rising Counseling Services, LLC

This page summarizes the main points of the full Informed Consent for Mental Health Services. It does not replace the full consent document. Please ask questions at any time.

What Therapy Is

Therapy is a collaborative process designed to help with emotional well-being, coping skills, relationships, decision-making, symptoms, and quality of life. Your therapist may use approaches such as IFS, EFIT, CBT, trauma-informed therapy, EMDR-informed interventions, mindfulness-based work, or other clinically appropriate methods.

You may ask questions, decline a specific intervention, request a referral, or stop therapy.

Benefits and Risks

Therapy can help reduce distress, improve coping, clarify patterns, strengthen relationships, and support meaningful change.

Therapy can also be uncomfortable. Talking about painful experiences may temporarily increase sadness, anxiety, anger, grief, shame, fatigue, or stress. Sometimes symptoms feel worse before they improve.

No specific result is guaranteed.

Confidentiality

Your privacy is protected by law and professional ethics. Your information will not be released without your written permission unless disclosure is permitted or required by law.

Confidentiality has limits. Your therapist may need to disclose information if there is:

- Serious or imminent danger to you;
- A specific serious threat toward another identifiable person;
- Suspected abuse, neglect, or exploitation of a child, elderly adult, disabled adult, or vulnerable adult;
- A court order or other binding legal requirement;
- A medical or mental-health emergency;

- Insurance, billing, supervision, consultation, or practice-operation need allowed by law.

When disclosure is necessary, your therapist will generally share only what is needed.

Telehealth

Telehealth may be used when clinically appropriate and legally allowed.

For telehealth sessions:

- You must be physically located in Georgia or another state where your therapist is legally allowed to provide services.
- You should be in a private, safe place.
- You should not attend while driving.
- Technology failures, privacy risks, and connection problems are possible.
- Telehealth may not be appropriate for every situation.

Emergencies

Phoenix Rising Counseling Services, LLC does not provide 24/7 crisis coverage.

For emergencies or immediate safety concerns:

- Call 911;
- Go to the nearest emergency room;
- Call or text 988 for the Suicide & Crisis Lifeline.

Do not use email, text, voicemail, or routine portal messages for emergencies.

Communication

Email and text should be used only for scheduling or brief administrative matters. Clinical issues should be discussed in session or through the approved client portal when appropriate.

Social media contact with your therapist is not permitted.

Appointments, Fees, and Insurance

Sessions usually last 45-60 minutes.

A 24-hour cancellation notice is required. Late cancellations or missed appointments may result in a fee that insurance will not pay.

You are responsible for fees not covered by insurance, including copays, deductibles, denied claims, and non-covered services. Specific rates and billing policies are covered in the separate Financial Agreement.

Records

You may request a copy or summary of your clinical record and may request corrections as allowed by law.

Records are kept according to Georgia law, HIPAA, and professional rules.

Minors

Parents or legal guardians usually consent to treatment for minors in Georgia.

Minors need some privacy for therapy to work well, but parents generally have rights to treatment information. Your therapist will balance parental rights, the minor's privacy, safety, clinical judgment, and legal requirements.

Parents or authorities may be informed when safety, abuse reporting, court orders, or other legal duties require it.

Your Consent

By signing the full consent form, you confirm that:

- You read and understood the consent;
- You had the chance to ask questions;
- You understand therapy's risks, benefits, and limits;
- You understand confidentiality and its limits;
- You voluntarily consent to treatment;
- You may revoke consent or stop therapy, subject to legal, ethical, billing, and safety obligations.

****Questions are welcome. Informed consent is an ongoing conversation, not just paperwork.****