

Center for Tranquil Transitions, LLC



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<http://www.centerfortranquiltransitions.com/>

Client and Therapist Agreement

What is Counseling?

The process of counseling may include, but is not limited to: Helping you to resolve personal issues
Education concerning the root of personal difficulties
Learning and applying new skills
Rejecting destructive ways of thinking and behaving
Gaining knowledge and insight concerning personal motivations
Working through issues of woundedness and unforgiveness
Learning to develop healthy relationships with yourself or others

Counseling may also incorporate the use of techniques from a variety of therapeutic approaches such as Insight Oriented, Object Relations, Cognitive Behavioral, Psychoeducational, as well as the application of your personal faith principles.

No guarantee is made that the counseling you receive will effect the desired results. Individual success largely depends on the intentional application of the insights, skill and knowledge the client gains through the counseling process and their willingness to be active, open, honest and as consistent as possible with their therapist.

No one else can solve your problems for you, but through gaining knowledge, insight, understanding and wisdom you can experience increased success in your life and relationships.

What is counseling like?

A safe place where you will be accepted no matter what your struggle or difficulty
An opportunity to grow personally and spiritually
Personally challenging
Teaches responsibility for the things you have control over
Most sessions are 55 to 60 minutes in length

What your therapist expects from you:

1. Express concerns, ask questions
2. Participating in and following through on mutually established treatment goals, as well as complete assignments
3. Come to counseling free from the influence of any substances
4. Informing the therapist of any changes in insurance coverage, and being responsible to pay for session not covered by insurance.
5. Pay your fees upon arriving to your session (have checks made out in advance)
6. Be on time for your appointments
7. Cancel 24 hours in advance (by phone or email) unless you have a serious illness or emergency.
8. Providing credit card information to be kept on file, including expiration date and CVR code. Signing this form is an acknowledgment that you agree to be charged on this card in the event of a late cancellation or no-show. No-show fee is \$50. Understanding that excessive no-shows or cancellations, even if paid, may result in decision to close your case with the therapist, with a referral elsewhere if required.

What to expect from your therapist:

1. Return your calls within 24 hours, in most cases
2. Continue to update her skills and obtain ongoing training for him/herself
3. Being available to you during scheduled appointment time.
4. Not allowing interruptions during the clients appointment time, unless there is an emergent situation.
5. Treat you with kindness and respect
6. Develop a plan with you to help you achieve your goals and objectives
7. Discuss discharge planning with you as soon as clinically appropriate
8. Seek confidential consultation with other professionals when appropriate
9. Help you to find an appropriate referral if necessary

Client Signature _____

Date _____

Clinician Signature _____

Date _____