

Grossman & Grossman, Ltd

Counseling Expectations

Counseling works best when we all work together

Client Expectations

- Set and keep scheduled appointments and let the therapist know as soon as possible if you cannot keep an appointment
- Help plan your treatment and goals
- Follow through with agreed upon activities and goals
- Keep your therapist informed of your progress as well as any old or new issues to be addressed in treatment
- Clients are expected to respect staff, other clients, and office property
- Aggressive, disrespectful, or inappropriate behavior in sessions will not be tolerated and will result in a staffing to determine consequences, which may include discharge from treatment
- If you are attending group, group rules are set by the therapist and posted in the group room (if SMB program you will need to sign the Honest/Behavior Contract)
- Non-compliance or non-attendance in scheduled therapy sessions will result in discharge after 3 attempted contacts to engage and notice back to the referring agency

Therapist Expectations

- Therapist will keep consistent and scheduled appointments and let the client know as soon as possible if an appointment needs to be rescheduled
- Therapist will work with the client to identify their treatment goals and needs and develop a working plan to reach them
- Therapist will disclose information only with a signed release
- Therapist will work collaboratively with the referring agency to insure that there is coordination of care
- Therapist will give their direct cell phone, as well as local crisis phone numbers for the client to use in case of crisis
- Therapist will discuss reasons for termination of treatment and develop a discharge plan with the client and family
- The therapist is a mandated reporter for duty to warn, danger to self and reporting victimization of the client

A copy of this document and a verbal explanation will be provided to client during intake