

DESCRIPTION OF COUNSELING

In counseling, you and a trained mental health professional work out strategies for handling problems of daily living. Counseling can lead to personal growth through clarification of your thoughts and feelings about yourself, others and events in your life. Counseling may involve discussing unpleasant situations that may temporarily produce emotional discomfort. If you find yourself becoming dissatisfied with the direction or progress of therapy, promptly discuss this with your therapist so that a change can be made to better meet your needs. Treatment may involve an individual, family, couple, or group depending upon the nature of the problem. Counseling may help you be better able to manage yourself, your emotions, your social, and family relationships and thus experience more satisfaction from life. The length of treatment varies depending upon the therapist, the client and the nature of the counseling concern. At Midtown Family Therapy Group, we use a brief and intensive treatment approach (typically less than 20 visits). Generally, sessions are scheduled once a week and last approximately 50 minutes.

STATEMENT OF CONFIDENTIALITY

Except as required by law, information revealed during counseling and psychological testing will be kept strictly confidential by your counselor and will not be revealed to any other person or agency without your written permission. No audio or video recordings will be made without your written consent. Your therapist may consult with other staff members regarding the best course of your treatment. In a very small number of situations, therapists are legally required to reveal information obtained during counseling to other persons or agencies without your permission. If any information is given out under these circumstances, your therapist will let you know of his or her actions. For example, if you threaten grave bodily harm or death to yourself or another person or destruction of property, your counselor is required to act in a responsible manner to inform or protect the intended victim. If a court of law issues a legitimate request, your counselor is required to provide the information specifically described in the order. If you are court ordered for counseling or testing, the results of the treatment or tests ordered must be revealed to the court. If there is a child abuse, physical and/or sexual, your therapist is required to act responsibly.

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