

Personal Agreements

I understand that I may be asked to do certain “homework exercises” such as reading, changing behaviors, and otherwise acting in my own best interest. I understand that I am entirely responsible for my own actions, and I will always make my own final decisions regarding counseling.

I further understand that much of the work done will be to resolve issues and will depend on my honesty and willingness to do the things I need to do to move forward even if it is painful and difficult.

I understand that sometimes as I work through difficult issues, things may get worse before they get better. I understand that I am responsible for my own safety and know how to reach out for help if I need it. I acknowledge I have access to emergency numbers in case I may need them. I understand that whatever I say in a session is strictly confidential and will not be released to anyone without my consent unless I am violating codes of abuse, harm to myself or others.

Client Signature

Date

As your therapist/counselor, you honor me by sharing your life and growth with me. I will not hide myself behind silence or position and will have high regard for you as a person. I will bring the best that I know from my study and experience. I will bring you the highest of my insight, wisdom, and guidance. I will work to be authentic with you in all of our interactions and keep judgment out of the therapy room.

I will keep a holistic perspective in our work together because I believe that the Physical, Spiritual, and Soul (mind, will, emotions) all work together to form the wholly healthy person. I will provide various perspectives for you to examine and to either pick up or walk away from. I will respect your choices through our understanding that this is your journey and not mine.

You can expect truth from me even when you may not want to hear it. I will always have compassion and empathy for you in all that we do. I value you as a person in need of care. I will do my best to honor that.

Krsitalyn Allison, LCSW-S, RPT-S