



Informed Consent

I, _____, hereby consent to psychotherapy treatment with Cal J. Domingue, MFT (license MFC39338). I understand that psychotherapy includes the practice of health care delivery, including mental health care delivery, diagnosis, consultation, treatment, exchange of medical data, and education using interpersonal, interactive audio, video, or data communications.

I understand that I have the following rights with respect to psychotherapy:

- (1) I have the right to withhold or withdraw **consent** at any time without affecting my right to future care or treatment, nor risking the loss or withdrawal of any program benefits to which I would otherwise be entitled.
- (2) The laws that protect the **confidentiality** of my medical information also apply to psychotherapy. As such, I understand that the information disclosed by me during the course of my therapy is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, including, but not limited to reporting child, elder, and dependent adult abuse; expressed threats of violence towards an ascertainable victim; and where I make my mental or emotional state an issue in a legal proceeding.

I also understand that the dissemination of any personally identifiable information from the psychotherapeutic interaction to researchers or other entities shall not occur without my written consent.

- (3) I understand that there are **potential risks and benefits** associated with any form of psychotherapy, and that despite my efforts and the efforts of my psychotherapist, my condition may not improve, and in some cases may even get worse.
- (4) I understand that I may benefit from psychotherapy, but that **results cannot be guaranteed or assured**. The benefits of psychotherapy may include, but are not limited to: a greater ability to express thoughts and emotions, improvement in interpersonal relationships, and increased self-awareness.
- (5) I understand that I have a right to **access my medical information** and copies of medical records in accordance with California law.

