



## **THERAPY GUIDELINES**

As a licensed physical therapist and PhD level licensed professional clinical counselor I bring an integrative approach to my work. I practice what is referred to as 'logo therapy' based on the work of Viktor Frankl, in addition to incorporating other psychodynamic and structured forms of relational healing (including EMDR). I respect and address the complex emotional, psychological, physical, social and developmental history of every client. In addition to these factors we might explore several interdependent cultural and sex and gender related identity factors, both directly and indirectly, that impact life circumstances.

I work from the perspective that the relationship that we are building together is an opportunity to challenge current belief systems, support and empower personal development, and establish congruence between one's internal and external world. For this to best happen in therapy together I suggest that you consider and consent to the following:

- 1) You are entering therapy with me because it is something that you *want* to do rather than something have been *requested, required, or coerced* to do;
- 2) You have done your due diligence in selecting me as someone who is therapeutically experienced with your identified concerns;
- 3) You are ready to openly *share* your current understanding of the issues you would like to address to ensure the integrity and scope of any potential counseling.
- 4) You have reviewed the HIPAA/Confidentiality and Privacy guidelines on my website. I take confidentiality very seriously and will only release information with a court order unless you have provided me with fully informed consent. I do not see anyone under the age of eighteen years of age.
- 5) Your signature on this document acknowledges your understanding of the above.

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Signature

Date