



CLIENT INFORMED CONSENT AND DISCLOSURE STATEMENT AGREEMENT FOR SERVICES

Thank you for your interest in working with Jill Gracely, LCSW (“Jill”) as a client. Jill Gracely, LCSW and Gracely Therapy, PLLC is providing you with the following information so you can make an informed choice about your decision to engage in Jill’s services. Please read this information carefully and let Jill know if there is any part you do not understand.

Psychotherapy Services Offered

Jill offers an integrative approach to psychotherapy, working with clients (individuals, couples and families) in a number of areas, including anxiety, depression, low self-esteem, poor body image, and relationships. She specializes in sexual health including intimacy issues, desire discrepancy, sexual pain, orgasm disorders, and erectile and ejaculatory disorders.

The approaches Jill uses are individualized to the client based on the nature of presenting complaint(s) or issue(s) as well as the preferences of the client. Jill utilizes traditional psychotherapy approaches such as Cognitive Behavioral Therapy, Solution-Focused Therapy, and Mindfulness Techniques. If you want to incorporate any of the approaches into your psychotherapy, Jill is willing to discuss using these options individually or collectively at any time.

Cognitive Behavioral Therapy

Cognitive-behavioral therapy (CBT) is a form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts. Unlike traditional Freudian psychoanalysis, which probes childhood wounds to get at the root causes of conflict, CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behavior. CBT can be a helpful tool in treating mental health disorders, such as depression, post-traumatic stress disorder (PTSD) or an eating disorder. But not everyone who benefits from CBT has a mental health condition. It can be an effective tool to help you learn how to better manage stressful life situations. Cognitive behavioral therapy is used to treat a wide range of issues. It's often the preferred type of psychotherapy because it can quickly help you identify and cope with specific challenges.

Solution Focused Therapy

Solution-Focused Brief Therapy (SFBT) concentrates on finding solutions in the present time and exploring your hope for the future to find quicker resolution of your problems. This method takes the approach that you know what you need to do to improve your own life and, with the appropriate coaching and questioning, you are capable of finding the best solutions. SFBT can stand alone as a therapeutic intervention, or it can be used along with other therapy styles and treatments. It is used to treat people of all ages

and a variety of issues, family dysfunction, domestic or child abuse, addiction, and relationship problems. Though not a cure for psychiatric disorders such as depression or schizophrenia, SFBT may help improve quality of life for those who suffer from these conditions.

Mindfulness Techniques

Mindfulness is a state of active, open attention on the present. When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future.

Although Mindfulness Techniques appear to have promising emotional, spiritual, and physical health benefits supported by a growing amount of scientific research evidence, they remain to be extensively researched or supported by the Western academic, medical, and psychological communities and therefore, may be considered experimental. By signing this document, you understand that Mindfulness Techniques are considered “alternative” or “complementary” to the healing arts that are licensed by the State of Texas.

If you ever have questions or concerns about the nature of the theories, methods, approaches and/or techniques Jill uses, please feel free to ask her for further resources or references.

Outcome Expectations/Risk & Benefits

While clients report positive outcomes, please note that it is not possible to guarantee any specific results, and neither Jill nor you know how you will personally respond to psychotherapy. However, Jill will work with you to achieve the best possible results for you. Participation in therapy can result in a number of benefits to you, including improving interpersonal relationships and resolution of the specific concerns that led you to seek therapy. Please note that working toward these benefits requires effort on your part. Psychotherapy requires your active involvement, honesty and openness in order to change your thoughts, feelings and/or behaviors. You will have to work both in and out of the therapy sessions. Jill will request your feedback and views on your therapy. Jill will ask for your open and honest response to your progress in therapy.

All effective treatments carry some risk and therapy is no exception. During psychotherapy there may be times you are in touch with painful emotions, sometimes for the first time, which may temporarily lead to feeling worse. Feelings may include sadness, guilt, anxiety, anger, frustration, worry; or you may experience anxiety, depression or insomnia. The process of psychotherapy can make people question the way they live their lives. Attempting to resolve issues that brought you to therapy, such as personal problems or interpersonal relationships, may result in changes that were not originally anticipated or intended. Some changes may lead to what seems to be worsening circumstances or even losses. Psychotherapy may also result in decisions about changing behaviors, employment, substance use, or relationships. Positive change can typically be slow, challenging and at times frustrating.

Treatment Plan

After the initiation of treatment, Jill will discuss with you her working understanding of the problem(s), treatment plan, therapeutic objectives, and her view of the possible outcomes of treatment. If you have questions about any of the procedures used in the course of your therapy, their possible risks, Jill's expertise in employing them, or the treatment plan, please ask. You have the right to ask about other treatments for your condition along with their risks and benefits. If you could benefit from any treatment that Jill does not provide, she has an ethical obligation to assist you in obtaining those treatments.

Qualifications and Training

Jill has been licensed by the State of Texas as a clinical social worker since 2017. Jill graduated from the University of Houston with a Bachelor of Science degree in Psychology and obtained her Master of Social Work (MSW) from the University of Houston. In 2018, Jill completed the Sexual Health Certificate Program at the University of Michigan. She is continually updating her education and skills through current NASW and AASECT training sessions.

Acknowledgment and Consent to Receive Services

You acknowledge that Jill, as the single member of Gracely Therapy, PLLC, has disclosed to you in terms you understand the nature and purpose of the services to be rendered by her, and the limits and obligations associated with her services, including circumstances where confidential information may be requested and where disclosure of confidential information may be legally required. Further, you acknowledge that you have discussed with Jill, and you understand and agree to, the financial arrangements for Jill's services, including her fees for standard services, and you have received a copy of Gracely Therapy, PLLC/Jill Gracely, LCSW's **Office Policies, Client Information, Responsibilities and Rights and HIPPA Notices of Privacy Practices** documents, which are incorporated herein by reference and made part of this Client Informed Consent and Disclosure Statement/Agreement for services. You understand that your consent to the nature of your sessions is given voluntarily, without coercion, and may be withdrawn at any time in the future.

By signing in the space provided below, you knowingly, voluntarily, and intelligently assume these risks and, except in the case of gross negligence or malpractice, you and your representative(s) agree to release, indemnify, hold harmless and defend Gracely Therapy, PLLC/Jill Gracely, LCSW, its owners, members, principals, employees, staff members, agents, representatives, consultants, and others associated with Gracely Therapy, PLLC/Jill Gracely, LCSW from and against any and all claims or liability, of whatsoever, kind or nature, which you, or your representative(s), may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, financial, or personal, arising out of or in connection with your sessions or arising out of or in connection with you voluntarily choosing to use a complementary third-party non-psychotherapy resource, if applicable.

Please sign both copies of this Client Informed Consent and Disclosure Statement/Agreement for Services. A copy for your records will be returned to you. Gracely Therapy, PLLC/Jill Gracely, LCSW will retain a copy for its confidential records.

Client's Signature

Print Name

Date