



## **Confidentiality & Consent to Treatment**

For S.M.I.L.L.E. Psychology & Associates, LLC to consider providing services to you, you must read and sign this consent form. This is not a contract. It just allows you to receive services. You may withdraw this consent to therapy/treatment at any time and ask that your file be closed.

**Understanding Psychotherapy.** Psychotherapy and psychiatric services are designed to help you change. Sometimes this kind of change is difficult because it raises feelings, thoughts, and worries that you try to keep inside. The benefits may include improved behavior, relationships, and mood. You may learn to communicate better with those around you. You should know that this is not a precise science. In many cases I am successful in helping people to change. In some cases I am not; there is no quick fix and the therapeutic process takes time. All sessions will take place face-to-face unless E-Therapy is requested.

S.M.I.L.L.E. Psychology & Associates, LLC is owned and operated by Dr. Carleah G. East, LMHC. The areas of expertise include psychology, crisis management, psychotherapy and intervention. I am not a medical doctor.

S.M.I.L.L.E. Psychology & Associates, LLC is located and licensed in the state of Florida and follows all rules and guidelines per state regulations. All virtual sessions are considered to take place within the state the therapist resides.

**Confidentiality.** You should know that all services provided are strictly confidential. I cannot release any information about your case to anyone outside S.M.I.L.L.E. Psychology & Associates, LLC, without your written consent. Information will only be exchanged between myself and you; plus any other parties you invite into sessions.

Breaking Confidentiality. You should also know that there are three exceptions to confidentiality. By law all therapists must break confidentiality:

- (1) if a client is threatening to hurt himself/herself or someone else in order to protect the client or the other person;
- (2) if I suspect that a child is being abused; and
- (3) if a court of law subpoenas (demands to see) the records. If this happens, we will attempt to invoke privileged communication (a legal protection of your right to therapeutic confidentiality) if you or your attorney asks us to do so. However, under some circumstances, the court can override privileged communication and order us to disclose these records.

Email or Phone Contact. At your discretion you may contact your therapist via email for the same purpose you would initiate phone contact. However, for therapy you are advised against using unsolicited fax transmissions as they are not monitored as closely. S.M.I.L.E. Psychology & Associates, LLC does not consider email or phone contact to be therapy. It is instead considered supportive contact. By initiating email contact, you are accepting this understanding and agreeing to act accordingly. You are advised that email communication is protected by federal law, but should not be considered secure. It is possible that someone on the Internet might read your communication or our communication back to you. By initiating this sort of contact you are waiving this level of confidentiality unless you specify in you're email a limitation of the expected response (e.g., "please don't reply"). Fax communication is not advised at any time.

I have read and agree to comply with the terms of the Confidentiality & Consent to Treatment as provided by S.M.I.L.E. Psychology & Associates, LLC

Name: \_\_\_\_\_

(please print)

Signature/Date: \_\_\_\_\_ / \_\_\_\_\_