

MARY LOU TABERS, MA, LMFT
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Welcome to my counseling practice! I am glad you are here.

INFORMED CONSENT

The decision to begin counseling may impact significant areas of your life. When you enter counseling with a good understanding of what you are about to undertake, you are likely to achieve more favorable results. This form contains information to help you make informed decisions about the process of counseling, my services, and policies.

- **Therapist qualifications and credentials** – Mary Lou is a Licensed Marriage & Family Therapist in the state of Oklahoma. Goals of the therapeutic relationship – Mary Lou works with the goals established by her clients, but may add therapist goals for counseling, which is communicated with the client.
- **Services the therapist can provide** – Mary Lou provides counseling from several points of view, primarily from a systemic reference but uses other approaches including cognitive behavioral therapy (CBT), solutions focused, and emotionally-focused, to name a few. She may use assessment instruments for personality inventories, career assessments and check lists to screen for mental health issues. She may suggest an approach tailored to meet your goals and obtain your approval before proceeding. However, Mary Lou believes strongly that the therapeutic process is most effective when therapist and client collaborate together in setting therapeutic goals, as this best promotes the healing process. She will also inform you of any additional fees for assessment instruments.
- **Rights of the client** – (a) In the event of an emergency, you may contact Mary Lou at any time at her office number above. When she is out of reach and there is a medical emergency, please call 911 and then follow up with a call to her office number listed above. (b) Every client has a right to terminate counseling at any time, however, please discuss termination or taking a therapy break during a regular session, rather than over the telephone. (c) You have the right to know your diagnosis and have it explained to you. (d) Mary Lou is bound by the Code of Ethics set forth by the American Association of Marriage and Family Therapy (AAMFT) and Oklahoma Association of Marriage and Family Therapy (OKAMFT). You have a right to request a copy. (3) You have a right to discuss your treatment approach and refuse any treatment. (f) You have a right to ask for an estimate of the probably length of therapy. (g) You have a right to request a referral to another therapist.
- **Behavior desired of the client** – (a) Mary Lou often makes recommendations of things to do between sessions. Completing these should facilitate therapy and reduce the number of sessions needed. (b) Please bring up any concerns that you have about therapy or your therapist so they can be resolved. (c) Please be as open as possible concerning any issues that relate to your problems. Withholding information may cause therapy to take longer. (d) Parents of minor children need to be involved in the therapy in order for Mary Lou to be effective. (e) Please give 24 hours notice of needing to reschedule and preferably 48 hours for evening appointments.
- **Risks and benefits of therapeutic procedures** – A benefit is that therapy may help you

