

**Comfort Belbas MSW, LICSW  
Consent for Treatment  
Fee for Services**

**PSYCHOTHERAPY SERVICES**

Psychotherapy is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies for life. Psychotherapy involves a relationship between you and a trained therapist who helps you accomplish your individual goals and learn about yourself in the context of relationship. Therapy involves sharing sensitive information that may at times cause a client to feel vulnerable. Vulnerability coupled with an authentic therapeutic relationship is useful in that the relationship itself becomes useful to the work. Our therapeutic relationship often mirrors how relationships may unfold for a patient in day-to-day life. Therefore it is useful and vital really, for a patient to share concerns and feelings about the treatment and therapist during the course of treatment. There may be periods of increased anxiety or confusion – these periods are informative opportunities for personal growth – especially when a patient can work through them with a trusted therapist. It is precisely this process that makes it easier to tolerate difficult feelings outside of therapy. The outcome of counseling is usually positive; however, the level of satisfaction for any individual is not predictable.

**CONFIDENTIALITY:**

**All interactions with Comfort Belbas LICSW, including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential. You may request in writing the release specific information about your counseling to persons you designate – otherwise, the Professional Code of Ethics for Social Workers and HIPPA protect client rights of confidentiality.**

**EXCEPTIONS TO CONFIDENTIALITY:**

- If there is evidence of clear and imminent danger of harm to self and/or others, Comfort is legally required to report this information to the authorities responsible for ensuring safety.
- Minnesota state law requires that should Comfort learn of, or strongly suspect, physical or sexual abuse or neglect of any person under 18 years of age, she must report this information to county child protection services.

**FEES:**

Psychotherapy services with Comfort Belbas MSW, LICSW are \$120 to \$180 per hour. 75 and 90 minute sessions are available.

---

**I have read and discussed the above information with Comfort Belbas. I understand the risks and benefits of psychotherapy, the nature and limits of confidentiality, what is expected of me and what I can expect of Comfort.**

*Signature of Client*

*Comfort Belbas MSW, LICSW*

\_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_