

Midwestern University Counseling Center
Client Consent Form

Counseling is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective coping strategies. You and a trained mental health professional will work together to meet your goals. Counseling involves sharing sensitive and private information and, at times, may be distressing. There may be periods of increased anxiety or confusion. The outcome of counseling is often positive, but the level of satisfaction for any individual is not predictable. In order to determine what services are most appropriate, you will meet with a counselor for an initial session. The counselor may determine that individual, group, learning services and/or an outside referral are indicated. If an additional session or two are needed to complete the evaluation and formulate treatment recommendations, you and your counselor will discuss this in the first session. Throughout the counseling process the clinician and client will re-evaluate the need for and usefulness of further services.

CONFIDENTIALITY:

All interactions with the Counseling Center, including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential. No record of counseling is contained in any academic, educational, or job placement file. You may request in writing that the counseling staff release specific information about your counseling to persons you designate.

Exceptions to confidentiality are as follows:

- ❖ If there is evidence of clear and imminent danger of harm to self and/or others, a counselor is legally required to report this information to the authorities responsible for ensuring safety.
- ❖ In the event of clear and imminent danger to harm self and/or others, it may be necessary for the Counseling Center staff to contact family members and/or other University personnel to ensure safety.
- ❖ State law requires that Counseling Center staff register any client deemed an imminent danger to self and/or others in the IL FOID (firearm owner's identification card) mental health reporting system, a database searched in the event an individual applies for a FOID card in IL.
- ❖ Illinois State law requires that, if Counseling Center staff learn of or strongly suspect physical or sexual abuse or neglect of any person under 18 years of age or any vulnerable adult, the staff must report this information to the Department of Children and Family Services or Adult Protective Services.
- ❖ A court order, issued by a judge, may require the Counseling Center staff to release information contained in records and/or require a counselor to testify at a court hearing.

Prompt arrival for appointments and consistent attendance contribute to optimal results in counseling. Please notify your counselor with at least 24 hours notice if you will be late or unable to attend. This notice allows us to use the time for other students. You can use email as a means of transmission with the understanding that email use may not be confidential. Failure to comply with Counseling Center expectations and policies may result in a discussion of the student's utilization of services.

There is no fee for counseling services. If you are referred to a health, mental health, or substance abuse professional outside of the Counseling Center, you are responsible for whatever charges may arise in utilizing those services.

I have read and discussed the above information with my counselor. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a client of the Counseling Center.

Signature of Client/Date

Signature of Counselor/Date