



CY-HOPE COUNSELING

The Center for Children and Families

12715 Telge Rd.
Cypress, TX 77429
713.466.1360

www.cy-hopecounseling.org

Adolescent Counseling Agreement

What is counseling?

Counseling is a safe place for you to come talk about your concerns. In the counseling process, you will learn more about yourself and work to find solutions to any problems you have in your life. Counselors have a legal and ethical requirement to keep what is discussed in sessions private. However, there are exceptions:

Legal exceptions to confidentiality include:

1. You tell me you plan to hurt yourself or someone else.
2. You tell me about abuse that you have experienced including physical, sexual, or emotional now or in the past.
3. You tell me about someone elderly or disabled who is being abused, neglected, or exploited.
4. You tell me about abuse, illegal, or unprofessional treatment in an inpatient mental health or chemical dependency facility or by another mental health provider.
5. I have received a request from a judge for information in a case which you are involved.

What is your parent or guardian's role?

Your parent or guardian felt counseling is an appropriate option for you. Their role in the process is to help support your treatment by bringing you to your appointments, helping the counselor understand your problems and work towards your goals. Your parent has a right to be involved and informed about the treatment process, however, I do my best to maintain your trust and privacy by keeping specifics private. However, some information is important for me to share for your safety and on-going wellbeing.

Parental exceptions to confidentiality:

1. You are partaking in risky behavior such as using drugs or alcohol, self-harming, having unprotected sex, starving yourself, or making yourself throw-up after eating, or any other behaviors that could cause you harm. These instances we will do our best to discuss how we can talk about this with your parent.
2. Informing your parents of ongoing struggles, such as with peers or school, that require their assistance in helping.
3. Updating your parents about progress that has been made or needs to be made.

I expect you to attend sessions and participate. Help set goals and actively work towards them. Use open and honest communication with me and your family about what you need from your treatment. Share openly if you have thoughts of self-harm or suicide.

Adolescent's signature _____ Date _____

Guardian's signature _____ Date _____

Counselor's signature _____ Date _____