

PILGRIMAGE FAMILY THERAPY
Admin Office: 23201 Mill Creek Dr. #220
Laguna Hills, CA 92653
(888)795-4337

INFORMED CONSENT OF THEORETICAL ORIENTATION

Psychology is a method of treating emotional problems by means of a supportive working relationship between the therapist and the patient. In the sanctuary of the therapist's office, the client is encouraged to feel comfortable while discussing their problems and conflicts, and optimistic that they are able to be helped. The therapist may interpret the problems and suggest various ways to cope with them.

There are dozens of different types of therapy. Basically, however, there are two categories, Psychodynamic Therapies and Behavioral Therapies.

Psychodynamic Therapies - These are designed to help a client better understand the psychological forces which motivate their actions, with the goal that these insights reveal possibilities for change.

Behavior Therapies - These are designed to deal with inner feelings and motivations and use specific techniques to change specific behavioral symptoms.

Multimodal therapy is an open system that encourages technical eclecticism by utilizing different techniques from various therapies to achieve the client's goal in therapy.

Psychotherapy cannot change the world around you. Therapy sessions will not eliminate job stress or financial problems, or change the personality of a difficult spouse. What it can do however, is help a client learn to cope more effectively with their environment, evaluate their priorities and responses to stress, and understand and accept themselves as they are.

In practice, psychotherapy involves a combination of self-exploration by the client and supportive-directive work from the therapist. Therapy may last for only a few sessions, dealing with a specific problem, or it may be long-term and open-ended. Psychotherapy is usually a combination of discussion, explanation, relaxation, exploration and support. In attempts to make connections between the client's internal experiences and their responses to life events, psychotherapy views problems in the context of the whole person.

Psychotherapy can provide a safe place for a client to discover and tell themselves the truth. It provides a unique responsibility for the patient to re-experience their personal history, to see it in a new way, and to make connections between past and present conflicts that illuminate their situation and, hopefully, enable them to change.

The therapist acts as a guide as a client explores their inner life. Together, they examine the client's ideals, expectations, hopes, and desires, as well as their feelings of guilt, shame, doubt, or despair. The therapist aims to create an environment of safety so the client can unfold their authentic self without fear or judgement or the pressure to conform or please.

The goal of psychotherapy is to help a client experience life more deeply, enjoy more satisfying relationships, resolve painful conflicts, and better integrate all the parts of their personality. Perhaps the greatest potential gift of psychotherapy is its ability to provide the client with the essential freedom to change and to continue to grow in relationships.

I have read this Informed Consent completely and have raised any questions I have with my therapist. I have received full and satisfactory responses and agree to the provisions freely and without reservation. I understand that my therapist is responsible for maintaining all professional standards set forth in the ethical principles of the Behavioral Board of Science and the Laws of the State of California governing the practice of professional psychology and that they are liable for infractions of those standards.

My signature on the Client Information Form is my release for this Informed Consent Document