Client Treatment Agreement

In receiving psychological services at the University Counseling Services (UCS), I agree to:

- Attend scheduled appointments and actively engage in treatment.
- Notify the UCS in advance of cancellations and reschedule my appointment if my illness may be contagious.
- If relevant, attend scheduled appointments with other medical providers, and take medication, if prescribed.
- Work with my counselor to develop and practice healthy coping strategies for managing challenging emotions, thoughts, relationships, and situations.
- For urgent telephone or in person support I can contact Re:Solve Crisis Network at 1-888-796-8226.
- In a crisis, I agree to keep myself safe. Some ways to do this may be to:
  
  o Engage in the following activities to calm myself: ______________________________________

  ................................................................

  o Contact the following supportive family members or friends: ______________________________

  ______________________________________

  o Call Re:Solve 1-888-796-8226 (24 hours) or the UCS 412-396-6204 (T,TH,F, 8:30am to 4:30pm, M & W 8:30am to 7:00pm)
  o After business hours the crisis/ emergency support call Re:Solve 1-888-796-8226 (24 hours) In the event of a dangerous, life-threatening emergency call 911 or go directly to the nearest Emergency Room.

Limitations to Treatment

I have read the above information. 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. I understand that my therapist may be a Postdoctoral Resident in clinical practice under the supervision of a licensed psychologist. I understand that individual sessions will be scheduled according to my clinician’s recommendations, based on an assessment of my mental health needs and UCS appointment availability. A certain session frequency is not guaranteed, and it may be several weeks between sessions. I understand that I may be provided a referral if the UCS determines that my treatment needs exceed the current resources of the UCS or could be more effectively served by an alternative treatment option in the community. Such cases may include, but are not limited to, the following:

- Treatment that requires more frequent sessions than the UCS can offer, based on resources and service utilization.
- Treatment for a student who repeatedly cancels, no-shows, or reschedules appointments.
- Ongoing treatment for a student who presents an imminent danger to self or others or whose behavior creates a hostile or dangerous working environment.
- Court-ordered or forensically oriented treatment.
- Treatment for a student who is unable or unwilling to follow treatment recommendations.
- Specialized assessment or treatment for certain conditions (such as neuropsychological or ADHD evaluation).
- Other situations determined on a case by case basis where the clinical staff member deems treatment at the UCS could be detrimental to the client or to the proper functioning of the UCS.

_____________________________  _________________
Client Signature                        Date

_____________________________  _________________
Counselor Signature                   Date