

UNIVERSITY of HOUSTON

Psychology Research & Services Center (PRSC)



Rights & Responsibilities for Persons Using the Services of the Psychology Research & Services Center

Welcome to the Psychology Research and Services Center (PRSC). The following summarizes important information that you should know in order to make your contact with the PRSC more productive and satisfying. Please take a few minutes to read it. Thank you for taking the time to read this list of rights and responsibilities.

1. CLIENT RIGHTS

Confidentiality: Information obtained in a counseling sessions, in written form through testing, or through psychiatric evaluation will be kept in strict confidence. The PRSC staff operates as a team in order to provide the best possible services to clients. As professionals we confer with each other within the Center. These consultations are for professional and/or training purposes only. Information will not be disclosed to any outside person(s) or agency including non-PRSC University staff, without your written permission except when in the judgment of the therapist such disclosure is necessary to protect you or someone else from harm or is otherwise legally required and/or allowed by law.

Respect: The therapist can be expected to respect you as an individual and to convey this respect by keeping appointments or contacting you if a change in appointment time is necessary; by giving you his/her complete attention during sessions; by avoiding interruptions during sessions; and by providing the most effective therapy he/she can.

Prompt Service: Therapy appointments will begin soon after you have called, have been interviewed over the telephone, and the staff has had an opportunity to review your case. During certain times of the year it may be necessary to wait a few weeks for therapy to begin. In such cases, you will be informed of other agencies which may be able to provide services more quickly.

Duration of Therapy: The length of therapy varies from case to case. This is something you should ask your therapist to discuss with you.

Therapy Decisions: Frequency of sessions, number of sessions, goals, types of therapy (individual, family/marital, or group), and to a certain extent, techniques of therapy will be devised between you and your therapist.

Evaluation: During the therapy process you may discuss your progress and review your goals with your therapist.

Questions: If you have questions about recommendations made by your therapist of the approach used, you may discuss these concerns with the therapist. If you feel that these recommendations are not appropriate, you may refuse to accept them.

Termination: If you feel that you are not making progress toward your goals, you may terminate with the therapist or ask the therapist to refer you to another therapist or agency.

Fee for Therapy: Fees are charged on a sliding scale: Information can be obtained from Clinic Assistants.

2. CLIENT RESPONSIBILITIES

To Actively Participate: In order for therapy to be effective, it is necessary for you to take an active role in the process. Participation involves listening to the therapist, being honest with the therapist, discussion concerns about the process with the therapist, completing outside assignments when appropriate, and providing feedback to the therapist about the process.

To Keep Appointments: It is expected that you will be prompt for your appointment and that you will call the receptionist in advance to cancel any appointment you are unable to keep. Charges may be made for failure to keep appointments if notice of cancellation (24 hours in advance, please) is not given.

To Inform the Agency of Current Contact Information: It is important that you provide a current phone number where you can be reached during the day. This information is necessary in the event your appointment needs to be canceled or rescheduled for any reason.

To Inform the Therapist if You Decide to Terminate Therapy or Contact Another Agency: Termination is part of the therapeutic process and should be discussed with your therapist.

To Pay Fees: It is expected that you will pay any required fees at the time you receive service.

3. GENERAL INFORMATION

Your counselor may be a psychologist or a psychology trainee under the supervision of the professional staff. We might seek your written consent to video or audiotape your counseling sessions. This is done so that the counselor can review sessions in order to aid the counseling process. The tapes are confidential and erased after use. As an agency we conduct research regarding the effectiveness and quality of our services. As part of this effort, after counseling has ended, we routinely ask clients to complete a brief interview or questionnaire on a voluntary, anonymous basis.

If you have any questions regarding the above information, please discuss them with the intake staff.

I have read the above material regarding rights and responsibilities of the Psychology Research and Services Center and understand its provisions. I understand that the results of counseling can be variable, and that the attainment of a positive outcome is dependent upon the effort expended by both myself and my counselor.

Client Signature

Date

Note: Modification of this Form requires approval of OGC