



PSYCHOLOGICAL SERVICES

Agreement for Services

Print Name: _____ ID #: _____

De Anza College Psychological Services provides brief counseling, crisis intervention, and mental health and substance abuse assessment, as well as referrals to social support resources in the community. We are staffed by licensed Mental Health Professionals and supervised clinical psychology graduate interns.

Confidentiality

Written records are kept for students who use our services. All information you share with your therapist, including your participation in session, is confidential and will only be disclosed with your written consent **except** as required by California law for these conditions:

- A court of law orders the therapist to testify or release records.
- You are the victim or perpetrator of child abuse.
- You are the victim or perpetrator of dependent adult or elder abuse.
- You threaten to harm yourself or someone else or are considered gravely disabled (unable to provide for your basic personal needs for food, clothing, or shelter).
- You are a minor (under 18 years of age) where certain circumstances may require that parents be notified about or consent to your participation in therapy.

Additionally, if your therapist is a graduate intern, information may be shared with other Psychological Services personnel for supervision and consultation purposes to ensure proper and ethical care.

Benefits and Risks

Benefits may include:

- Relief from distressing symptoms.
- Improved emotional health.
- Learning new approaches to problem solving.
- Increased insight and understanding of your thoughts, feelings, and behaviors.

Significant personal change has the potential to be stressful, painful, and may include periods of intensified feelings. While there is evidence that therapy benefits most people, **there is no guaranteed outcome**.

Please be aware that services offered by Psychological Services may not be appropriate for some issues and may require specialized or more intensive counseling. Assistance with referrals will be provided.

Crisis

Psychological Services is not available outside posted office hours or during weekends, holidays, or quarter breaks based on the De Anza College academic calendar.

In the event of an emergency or urgent need to speak with someone, please:

- **Call 911 or**
- **Call Santa Clara County Emergency Psychiatric Services @ 408-885-6100**
- **Go to the nearest emergency medical facility**

Student Responsibilities

Enrolled students of De Anza College are eligible for a limit of 12 sessions (including sessions attended, missed, or cancelled without proper notification) provided at no charge for the entire academic time span at De Anza College.

Through this signature, I verify that I am currently enrolled as a student at De Anza College. I have read, understood, and do agree to the terms in the "Agreement for Services".

I understand appointments may not be available as needed.

I understand it is important to discuss any questions or concerns I have during the therapeutic process with my therapist. This can include my wish to change a therapist from the one assigned and or with whom I have been working with.

I understand I am responsible to attend scheduled appointments and will call (408) 864-8868 to **reschedule or cancel appointments at least 48 hours in advance** of my scheduled appointment time.

Signature: _____ **Date:** _____