



PSYCHOLOGICAL SERVICES

Agreement for Services

Print Name: _____ ID #: _____

De Anza College Psychological Services provides 10 sessions of brief counseling, crisis intervention, group counseling, and 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 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 counselor to testify or release records.
- You discuss an ongoing instance of child (under 18 years old) abuse, or a case of child abuse where the perpetrator still has access to children.
- You discuss an ongoing instance of elder abuse (over 65 years old).
- 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), certain circumstances may require that parents be notified about or consent to your participation in counseling.

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.

Regarding group counseling, the group leader will review the ground rules for group during the first meeting, including that the information shared in group should not leave the group room. However, we cannot guarantee confidentiality in the group setting.

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 counseling 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.

(please sign on next page→)

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 at 408-885-6100
- Go to the nearest emergency medical facility

Triage Procedure

Occasionally, we will not be able to begin treatment immediately. However, we would like to meet every student as quickly as possible. If we cannot immediately schedule you for an appointment, we will do the following:

- 1.) Assign the student to a triage appointment as quickly as possible. The triage appointment will be 30 minutes and is designed for us to assess the student's needs and level of functioning.
- 2.) Provide a list of low-cost community resources for students who may prefer to begin treatment immediately.
- 3.) Provide information regarding our group counseling.

Student Responsibilities

Enrolled students of De Anza College are eligible for a limit of 10 individual sessions (including sessions attended, missed, or cancelled without proper notification) provided at no charge for the entire academic time span at De Anza College. Students may attend unlimited group counseling sessions.

In an effort to ensure that all students have timely access to services, if three weeks have passed since your last appointment and we have not heard from you, we will move you to an "Inactive Clients" list. You will still be eligible for services, but you will be moved to the bottom of our triage waiting list.

Through this signature, I verify that I am currently enrolled as a student at De Anza College and that I have read, understand, and 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 counseling process with my counselor.

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: _____