



Helping Children & Families Grow Together
Kearney N. Visser, Ph.D. PSY23855

Adolescent Agreement for Meetings with My Therapist

I, _____, agree to meet with the therapist on a consistent basis. Our meetings will last about 45 minutes. When we meet, we may talk, draw pictures, play games, or do other things to help this therapist get to know me better and understand my problems, strengths, and goals.

I understand that my parent (or parents) or my guardian has a right to know about how I am doing in therapy. I agree that this therapist may talk with my parent/guardian to discuss how I am doing. They may also talk about concerns and worries they may have about me. Or they may talk about things the therapist and I decide my parent/guardian needs to know about. Sometimes this therapist may meet with my parent/guardian without me. At other times we may all meet together.

The things I talk about in my meetings with the therapist are private. I understand this therapist will not tell others about the specific things I tell her. She will not repeat these things to my parent/guardian, my teachers, the police, probation officers, or agency employees. But there are two exceptions. First, because of the law, the therapist will tell others what I have said if I talk about seriously hurting myself or someone else. This therapist will have to tell someone who can help protect me or the person I have talked about hurting. Second, if I am being seriously hurt by anyone, this therapist has to tell someone for my protection.



1814 14th St. # 203, Santa Monica, CA 90404
drkearneyvisser@hotmail.com
310.409.5463



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I understand that sometimes I may not feel good about some things we may talk about in our meetings. I may feel uncomfortable talking to this therapist because I don't yet know her very well. I may feel embarrassed talking about myself. Some of the things we talk about may make me feel angry or sad. Sometimes coming to meetings may interfere with doing other things I enjoy more. But I also understand that coming to therapy should help me feel or act better in the long run. I may find that I will trust this therapist and can talk about things that I can't talk to anyone else about. I may learn some new, important, and helpful things about myself and others. I may learn some new and better ways of handling my feelings or problems. I may feel less worried or angry and come to feel better about myself.

Any time I have questions or am worried about the things that are happening in therapy, I know I can ask this therapist. She will try to explain things to me in ways that I can understand. I also know that if my parent/guardian has any questions, the therapist will try to answer them.

I understand that my parent/guardian can stop my coming to therapy if he or she thinks that is best. If I decide therapy is not helping me and I want to stop, this therapist will discuss my feelings with me and with my parent/guardian. I understand that the final decision about stopping is up to my parent/guardian.

Our signatures below mean that we have read this agreement, or have had it read to us, and agree to act according to it.





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Signature of Adolescent

Date

Signature of Psychologist

Date

This is a strictly confidential patient medical record. Rediscovery or transfer is expressly prohibited by law.

