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Individual Psychotherapy
Marital and Couples Therapy
Evaluations

Informed Consent

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychotherapist and patient, the clinical approach of the therapist, and the particular problems you bring up. There are many different methods I may use to deal with the problems that you hope to address. Psychotherapy calls for an active effort on your part. In order for it to be most successful, you will typically have to work on things we talk about both during and outside of our sessions.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, anxiety, loneliness, or helplessness, during or after sessions; sometimes feelings get worse before they get better. Marital or couples therapy may lead to the uncovering of truths that are difficult for either individual or for the relationship; while the initial goal of one or both partners may be to preserve and/or repair the relationship, marital or couples therapy does not always lead to that outcome. On the other hand, psychotherapy has been shown to have benefits for most people who go through it, often leading to significant reductions in feelings of distress and symptoms, solutions to specific problems, improved functioning, and better relationships. Marital or couples therapy often does help couples get along better and strengthens their relationships. However, there are no guarantees about what you will experience.

Typically, during the first few sessions I will evaluate your problems and needs, and I will then be able to offer you some initial impressions of what our work together might entail, and a treatment plan to follow, if you choose to continue with therapy. You should evaluate this information as well as whether you feel comfortable working with me. Therapy typically involves a significant commitment of time, money, and energy, so choosing a therapist you feel at least reasonably comfortable with is very important. At any time, if you have questions about my approach or how the therapy is going, please feel free to raise them with me. If doubts or concerns persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion if you would like to do so.

Contacting Me

I am typically not immediately available by telephone. When you call, you will typically reach my confidential voicemail, which I check regularly for messages during business hours. I will make every effort to return your call in a timely manner: typically on the same day you leave a message, or the next day if you leave a message late in the day; except for on weekends, holidays, and when I am out of town. If you are having a genuine emergency, you should follow instructions on my voicemail greeting for leaving an urgent message (hit the # key and then a 2); I typically will get back to you within 60-90 minutes. If (for whatever reason) you do not hear back from me, please leave another "urgent" message. At any time, though, if you feel that you cannot wait for me to return your call, please go to the nearest emergency room or call 911.

Your signature below indicates that you have read the information in this document and agree to its terms.

Client Signature: _____ Date: _____

Financially Responsible Person
(if different than client): _____ Date: _____

Provider Signature: _____ Date: _____