

Counseling for the Soul
Cheryl Bartky, LPCC #57

Core Focused Grief and Trauma Relief Therapy/IADC Psychotherapy
Informed Consent

I _____

1. Am aware that Core Focused Grief and Trauma Relief Therapy/IADC is an adapted form of eye movement desensitization and reprocessing (EMDR). While IADC has a high rate of success, the clinical research that supports traditional EMDR does not necessarily support this adapted form of EMDR.
2. Am aware that for Core Focused Grief and Trauma Relief Therapy/IADC to be successful, I must be willing to be honest and straightforward in response to Cheryl's screening questions and her questions throughout the therapy process.
3. Understand that in order to benefit from Core Focused Grief and Trauma Relief Therapy/IADC, there may be brief periods of time I will need to tolerate a high degree of emotional discomfort.
4. Understand that after-death communications (ADCs) are naturally occurring experiences, and that the likelihood of experiencing an ADC is increased with Core Focused Grief and Trauma Relief Therapy/IADC. However, I understand that there is no guarantee that I will have an ADC experience in-office or afterwards.

I am also aware that while Cheryl Bartky will maintain strict confidentiality regarding my psychotherapy sessions, there are three exceptions to this rule:

1. If you provide information during your session that indicates you have specific intentions to harm another person or yourself.
2. If you provide information about a child, elderly person, or disabled person who is being abused or neglected.
3. Under some circumstances, a court order can require Cheryl Bartky to release your records to the judicial system.

Cheryl Bartky has explained the above items to me, and having full understanding of each item, I agree to participate in her Core Focused Grief and Trauma Relief Therapy/IADC® treatment. All of my questions regarding these items were fully explained to me prior to treatment.

Your Signature

Date