

Center for Psychological Assessment and Consultation, PC

510 Princess Anne Street, Suite 102
Fredericksburg, VA 22401
Phone: (540) 698-0003

Consent to Consultation Services

Consultations are formal discussions with a professional in psychology. Consultations are targeted meetings aimed at providing information, resources, and recommendations surrounding a specific concern or general topic. Consultations do not focus on obtaining a complete history, on diagnosing a psychological condition, or on treating a psychological condition.

Consultations adhere to the same confidentiality practices of therapy or assessment services (as reviewed in depth in the Informed Consent for Assessment and Consultation Services and HIPPA).

By signing this form, you agree that:

- you understand the nature of a consultation;
- you understand that consultation is not the same as a therapeutic intake or diagnostic interview and will not result in a diagnosis;
- you understand that while you may be given general information about strategies to help with a certain issue or concern, you are not receiving psychotherapy;
- should your consultant believe you or your child would benefit from additional services, they may recommend such services to you;
- the consultant will not obtain a complete history, which means that they may not be aware of all information impacting your current concerns or issues, which could impact the consultant's ability to provide comprehensive recommendations or feedback;
- consultations are not appropriate for emergency or crisis situations - if at any point your consultant believes your case constitutes an emergency or crisis they will refer you to the appropriate services;
- I understand these services are not treatment, and therefore not covered by insurance.

Printed Name: _____ Date: _____

Signature: _____

Printed Name: _____ Date: _____

Signature: _____

(note: document should be signed by each individual over 18 participating in the consultation)