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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 problems being addressed. There are many different methods I may use in working with you. Psychotherapy calls for an active effort on your part. In order for it to be most successful, you will often have to work on issues we discuss and/or changes you would like to make 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 or painful feelings during or after sessions; and 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; and 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 participate in it, often resulting in significant reductions in feelings of distress and symptoms; in feeling better about and more comfortable with oneself; in solutions to specific problems; in improved functioning; and in better relationships. Marital or couples therapy often helps couples get along better and strengthen their relationships. However, there are no guarantees about what you will experience.

Typically, during the first few sessions I will listen to you and assess your concerns, offer some initial impressions, help identify your therapy objectives and what our work together might entail, and offer an associated treatment plan. 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, you are always welcome to see a different mental health professional, and I will be happy to try to help you with this if you would like.

Contacting Me

When you call me, you will reach my confidential voicemail, which I check regularly for messages during business hours. I attempt to return calls in a timely manner: typically on the same day you leave a message – or the next business day if you leave a message later in the day, at night, or on weekends or holidays. (When I am out of town, my voicemail greeting will indicate this; and I return calls when I get back.) If you are having a genuine emergency, you should follow instructions on my voicemail greeting for leaving an urgent message; I typically respond to such messages within 60-90 minutes. If (for whatever reason) you do not hear back from me quickly enough, 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: _____

