

**A Counseling Center, P.C.  
Clients Have the Following  
RESPONSIBILITIES**

**PARTICIPATION:**

1. To be involved in the design of your individualized treatment plans.
2. To be motivated to make progress in therapy.
3. To complete your therapeutic homework assignments on time.
4. To work on the therapeutic relationship for the purpose of making your counseling an effective therapeutic encounter.
5. To participate in all assigned activities.
6. To challenge your counselors to demonstrate the effectiveness of their methods.
7. To consent to your treatment or have your parent/guardian consent to your treatment by A Counseling Center, P.C.

**COMMUNICATION:**

1. To be honest with your counselor about what you do and do NOT like about your therapy.
2. To be open about your problems and struggles so that you might make progress.
3. To ask questions when you do NOT understand something.
4. To read everything before you sign it.
5. To give complete and accurate personal and social histories.
6. To help other clients follow and understand the value of the program while you are at A Counseling Center, P.C.

7. To report to your doctor and counselor any changes in your condition, for example: any changes in sleep, diet, exercise, thinking, feeling, attitude, strange behaviors, strange thoughts, depression, thoughts about harming yourself, thoughts about harming others, destructive thoughts.
8. To seek a positive and productive attitude about the program you are in.
9. To avoid all pessimistic thinking and downgrading of the program.
10. To be teachable and open.
11. To be interested in learning.
12. To notify the office 24-hours in advance of anytime that you will miss a scheduled appointment.
13. To terminate therapy appropriately, that is, to have a termination session with your counselor after you have decided to terminate therapy.
14. To hang around the winners and to avoid the losers.

**SAFETY:**

1. To NOT use any illegal drugs.
2. To NOT use over-the-counter (drug store) medications without consulting your doctor if you are on psychotropics.
3. To NOT drink alcoholic beverages before counseling sessions or if you are on psychotropics.
4. To report all urges to harm yourself or others to your counselor.
5. To smoke only outside of the building and only in designated smoking areas.
6. To clean up after yourself if you make a mess.
7. To follow your medications as ordered by your doctor.
8. To drive only when calm and NOT when you are emotionally upset.

**Client's Rights &  
Responsibilities  
Brochure**

**A Counseling  
Center, P.C.**  
specializing in  
Cognitive  
Psychotherapy

**Helping People to Discover  
Health & Happiness in their  
Private, Public  
& Personal Lives**  
[www.kevinfitzmaurice.com](http://www.kevinfitzmaurice.com)

**Hours  
by Appointment**

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