



## Welcome to Catholic Charities

We are a non-profit agency who works to **empower and strengthen *all* individuals and families through charity, advocacy, and mental health services.** We know it takes courage to reach out and ask for help, and we thank you for choosing to receive outpatient therapy services with us.

Outpatient psychotherapy/counseling services may be individual, group, or family and are provided by a licensed mental health professional, a person with a master's degree in the mental health field, or an intern working on such a degree who is supervised by a licensed mental health professional.

### **What this means to YOU, our client:**

Through a therapeutic relationship, your therapist will offer understanding and empower you to heal, find solutions, make healthier choices, and become happier and more successful.

#### **Your therapist will:**

1. Respect and honor your feelings, perspectives, rights, and dignity as a human being.
2. Help you identify the factors and problems involved in your situation.
3. Join you in a problem-solving approach, including mutually agreed upon goals for therapy.
4. Help you identify options, build on your strengths, and develop new skills.
5. Work with you to define your progress at each session, and together decide when you're ready to be done with therapy.
6. If needed, refer you to our psychiatrist for psychiatric evaluation to determine the need of psychopharmacological medications and/or the monitoring of the effectiveness of the medications in your treatment.