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Personal Process Consultation
Informed Consent

Personal Process Consultation is a facilitated conversation that is intended to help you make meaning of your experience. It is based in a phenomenological approach that assumes the inherent validity of your subjective expression and seeks to support your deepening awareness by a process of shared inquiry.

Personal Process Consultation is not psychotherapy and is not a treatment for mental health concerns. Therefore, while subjective experiences of distress are not ignored, they are not framed as symptoms of mental health diagnoses.

Psychotherapy is licensable profession and is regulated by the state. It is subject to the rules and regulations of state licensing boards. It also participates with the medical system, in that its diagnostic codes are based on the medical model, and it potentially interfaces with medical providers. Psychotherapy is often reimbursable by medical insurance and one's mental health diagnoses can become part of one's medical record.

Personal Process Consultation is not intended to replace psychotherapy when that is called for. As a consumer of Personal Process Consultation, you are responsible for your own mental health. If appropriate, it is your responsibility to locate and obtain mental health services.

If, as a provider of Personal Process Consultation, I determine that I cannot adequately serve your needs due to mental health issues, I will advise you of that. If I discern at any point that it would be detrimental for us work together due to mental health concerns, we will need to discontinue our sessions.

You also have the right to discontinue our sessions at any time.

___ I have read the description of Personal Process Consultation above and understand and accept the parameters defined therein.

___ I agree that I am solely responsible for my mental health care.

Printed name _____ Date _____

Signature _____