

Important Things to Know About Therapy:

Confidentiality:

It is important that you feel “safe” in this room, so for the most part, everything that you say in this room stays in this room.

- However, there are some Legal *Exceptions to Confidentiality*, which mandate action on my part: (1) *You are extremely Suicidal and you Cannot Contract for Safety*; (2) *You plan to Kill someone*; (3) *You have been Abused, are currently being Abused, or are at current risk of being Abused*; (4) *You know of someone who is currently being Abused or is at current risk of being Abused**.
- **Ages 10 and up:** While technically, you are a minor and your parent/legal guardian could legally ask me all kinds of questions about what is being talked about in the YOUR Individual Therapy, your parent/legal guardian also knows that it would **NOT be in the interest of YOUR Individual Therapy being effective**, therefore he/she **will attempt to refrain from asking me** specific questions about what we are talking about in YOUR Individual Therapy, & I will make a lot of effort to avoid answering specific questions.
- If at some point you tell me something that I think it would be beneficial for your parent/legal guardian to know, **I will NOT talk w your parent/legal guardian about it without your permission** (*except for the Legal Exceptions to Confidentiality**), rather I will try to get YOU to tell that person. I will talk to that person on your behalf if you wish it however.

Frequency of Therapy Sessions:

- Generally speaking, when someone begins, depending upon how severe things are, it is generally most effective to schedule appointments **as close to 1x/week as you can manage**. This is because **we build on our Momentum**.
- As you start to Internalize the Therapy & experience Change in your outside life, however, **you will be able to start spacing the appointments out further & further**.
- People who have their appointments “all over the place” seem to struggle a lot more & don’t get better nearly as quickly as they could.
- I understand that you have Work/School schedule issues to work around, so **I’ll work with your schedule to the best of my ability**.
- **Appointments are at a “first come, first serve” basis** however, so at the beginning, you should just try to get an appointment that is less disruptive to your Work/Schedule, and then book further appointments ahead. **It is easier to Have an Appointment and Cancel it, than to never have had an Appointment at all**.
- To minimize your negative impact on your Work/School, many people try to get appointments at **9am onward**, at **Lunchtime (LET ME KNOW IF YOU’LL NEED THAT ONE)**, during very **particular School classes**, or after **school ends**.
- ***I can provide School Notes that have the same status as a Medical Doctor’s Excuse Note!!!**

Therapeutic Homework:

- No, I am NOT talking about a bunch of written stuff, generally speaking.
- **DOING YOUR HOMEWORK MAKES YOUR LIFE BETTER** in between Therapy Sessions. We could talk on this sofa till we’re blue in the face, but **CHANGE HAPPENS IN YOUR REAL LIFE BETWEEN SESSIONS**.
- **People who actually do their homework get better WAY FASTER** than those who do not.
- I will Never ask you do so something unless it will actually be helpful & you should tell me if you don’t want to do it.

Roles:

- **You are the “Boss” here- NOT me. I am just “the Guide”. What you say goes!!**

Contact Information, etc.:

- **Erika Coppen, LPC-MHSP, Cert. Psychol. Asst., SOTB Approved Treatment Provider**
- My office contact info: **Thrive Mental Health Services, 106 Mission Ct., Ste 102B, Franklin, TN 37067**
- **Tel: (615) 499-8636. / Fax: (615) 261-8898 / Email: therapy@thrivemhs.com**
- **Portal web address: https://thrivemhs.clientsecure.me/client_portal/client_accesses/sign_in**
- I am available for appointments in the office on **Monday- Friday 8:00/8:30am- 5pm**.
- The best ways to contact me are by texting or emailing, especially if I am in session or out of the office. If you text or email me, **DO NOT LEAVE CONFIDENTIAL INFORMATION**, just leave the best time/day and contact# where I can reach you, and a brief description of the nature of your concern.) **I will contact you as soon as I am able**.
- **In addition to reaching-out to me, if you are suicidal and unable to keep yourself safe, please call the:**
- **National Suicide Prevention Lifeline at 1-800-273-TALK (8255). If it is a life-threatening emergency, dial 911.**