

Brian Burns, MS, LMFT
Statement of Informed Consent

About Brian Burns

Brian has been practicing as a Marriage and Family Therapist (MFT) since 1999. He received his Masters Degree from the University of New Hampshire. He is licensed as a Marriage and Family Therapist in the States of Minnesota and Wisconsin. In addition to practicing as a Licensed Marriage and Family Therapist, Brian is active in the training of new therapists as a Minnesota Board of Marriage and Family Therapy Approved Supervisor. Brian holds a strong belief that healthy relationships lead to healthier, happier lives. He recognizes the important role that he plays in helping individuals and couples be their best selves and families to get back on track with their lives.

About Your Time with Brian

Sessions typically last 60 – 90 minutes, with first sessions lasting up to 2 hours total. In the beginning of your work with Brian, a tentative plan will be developed that includes the goals for therapy and how long you will meet. Most family therapy tends to be brief with an average of 7-10 sessions total. However, given the nature of psychotherapy, where problems may be resolved and new ones arise, the number of sessions could vary depending on your needs. Sessions may include individuals, couples, or an entire family, and who attends may change from session to session. Therapy should be a place where you are free and feel safe to discuss anything that pertains to your relationships and your overall emotional and mental health.

From time to time, you may feel discomfort discussing things that may be sensitive in nature. However, discussing those things that make us feel uncomfortable can provide a great release of anxiety. Oftentimes, people withhold saying things they perceive might “hurt” or make a loved one upset. In many cases, these very things need to be said in order for successful relationships to be built on principles of openness, honesty, and trust.

Your Rights as a Client

You have the right to talk about and share as much or as little as you wish. You have the right not to answer questions. You also have the right to end counseling at any time.

You have the right to confidentiality. Brian is bound by law not to discuss you or any information that comes up in our sessions without your written permission. As a legally mandated reporter in MN and WI, there are only three instances where Brian is ethically and legally required to divulge information about you, regardless of your permission.

- 1) Suspicions of child or elder abuse. This can include physical or sexual abuse, as well as neglect.
- 2) Instances where you threaten to harm either yourself, or another person.
- 3) Instances where clinical records have been requested by a court of law.

Your Responsibilities as a Client

You are required to attend appointments as scheduled. If you cannot attend an appointment you are required to give Brian a 24-hour notice. Because Brian’s time is reserved exclusively for you, you will be charged for one hour at the full fee should you miss an appointment or fail to provide adequate notice. The typical fee for a 60 minute session is \$140.00-family and \$120 per individual (half-hour increments of \$70.00 and \$60.00 can be added as needed) There is an extra charge of \$20/hr for appointments 5pm and later. Payment is required at the time of meeting unless other arrangements have been made. Payment can be made by check, cash, or credit card.

I HAVE READ THE ABOVE AGREEMENT IN ITS ENTIRETY AND HAVE HAD THE OPPORTUNITY TO HAVE MY QUESTIONS ANSWERED. I UNDERSTAND THE CONTENT AND AGREE TO ITS TERMS.

Client Signature

Date

Client Printed Name

Mailing Address

Preferred Phone Number

Email