

**Uplands Counseling Associates**  
**INFORMATION ABOUT BEHAVIORAL HEALTH SERVICES**

At Uplands Counseling Associates (UCA), we believe that change and personal growth are a natural part of living a full and satisfying life. We believe that all people have the ability to change, grow, find solutions to their concerns, and develop skills to better handle life's challenges. We look forward to supporting you on this journey.

We believe that therapy is a cooperative effort. We believe that you and your therapist each have valuable information that will help you to reach your goals. We'll ask you to share your perspective on what your current concerns are. We'll ask about your life experiences, family background and current circumstances. Together, we'll identify your therapy goals, and create a treatment plan for your therapy sessions. We will review this treatment plan, and your progress, periodically. Together, and with your goals in mind, we may develop therapy homework that will help you to reach your goals, and to create positive, healthy patterns in your life.

There are **potential benefits** of behavioral health services. They may include:

- Progress toward your goals;
- Improvement in symptoms;
- An improved understanding of yourself and others;
- Improved self-esteem and confidence;
- Improved relationships with others;
- Improved ability to handle conflict effectively;
- Improved assertiveness;
- Improved capacity for independent behavior;
- Increased perception of control over thoughts, feelings, and behaviors.

There may also be **potential risks** of behavioral health services which might include:

- Feelings of distress;
- Upsetting thoughts;
- Feeling discouraged if progress does not meet expectations;
- Conflict in relationships;
- Change in relationships;
- Medication side effects if medications are prescribed (these will be discussed with you by the prescribing physician)
- Involuntary termination of treatment as defined by UCA policy.

There are many ways to successfully address life challenges. Alternatives to individual therapy may include: support groups; life coaching; medication management; and/or couples family, or group therapy. Additionally, support for change can also be found through reading, reputable websites, etc.

Your treatment is a cooperative effort between you and your therapist. Please feel free to discuss any concerns and/or distress you have about the therapy with your therapist. Also, please feel free to discuss alternative treatment methods, as well as possible consequences of not receiving treatment, with your therapist.