



Informed Consent for Psychological Services

Practice: Inland Mental Health Services

Provider: Adrian Lopez, Clinical Psychologist

Locations: Versalles | Mexico City

1. The Therapeutic Process

I understand that therapy is a collaborative process between myself and my psychologist. At this practice, we utilize **Cognitive Behavioral Therapy (CBT)**, an evidence-based approach focused on the relationship between thoughts, feelings, and behaviors. I understand that I am an active participant in this process and that progress often requires work both during and between sessions.

2. Confidentiality & Limits

All information shared in our sessions is strictly confidential. However, by law, there are specific exceptions where confidentiality must be breached:

- **Safety:** If there is a clear risk of imminent harm to yourself or others.
- **Abuse:** If there is reason to suspect the ongoing abuse or neglect of a child, elderly person, or vulnerable adult.
- **Legal:** If a court of law issues a subpoena for records (though we strive to protect your privacy to the fullest extent of the law).

3. Appointments & Cancellations

- **Duration:** Standard sessions are approximately 60 minutes.
- **Cancellations:** We require at least **24 hours' notice** for cancellations. This allows us to offer the time slot to other patients. **A full session will be charged if this requirement is not complied with.**
- **Late Policy:** If you arrive late, the session will still end at the scheduled time to remain fair to subsequent patients.