

INFORMED CONSENT

Psychotherapy is a process of interaction that takes place under certain conditions. Please consider the following when starting therapy:

- **Voluntary Process:** Psychotherapy is a voluntary process of growth and self-awareness where the client makes their own decisions about their behavior during therapy sessions and in their personal life. The therapist is not responsible for these decisions.
- **Session Duration:** A session lasts 55 minutes. For couples the sessions are 60-75 mins long.
- **Frequency of Sessions:** It is recommended that the frequency of the sessions is once a week.
- **Scheduling and Cancellation:** Each session is scheduled at a mutually convenient time and agreed upon in advance. If the client cannot attend a session, they must notify at least 24 hours in advance. Failure to do so results in a charge for the missed session. Both partners must be present for couples therapy. If the client is late, the session does not extend.
- **Duration of Therapy:** There is no standard requirement for the number of sessions; it depends on the problem, needs, readiness, and the client's time and capabilities. Long-term results require prolonged work for deeper and lasting change.
- **Medical History:** The client must inform the therapist of past and present illnesses, other forms of therapy (traditional or alternative), any medications taken, and any hospitalizations.
- **Results:** Results are individual and depend on the cooperation between therapist and client, the specifics of trauma, the client's motivation, and their willingness to confront fears.
- **Termination of Therapy:**
 - If the client decides to terminate therapy before the therapist deems it appropriate, it is recommended to notify the therapist and schedule one final session for closure.
 - The therapist has the right to terminate the work if the client is not cooperating, no progress is observed, or if there is a need to refer the client to another specialist.
- **Confidentiality:** All information shared with the therapist is treated as strictly confidential and will not be disclosed to third parties, except in cases involving serious crimes, life-threatening violence against children under 18, specific plans for suicide, or severe harm to third parties, as required by Bulgarian law.
- **Initial Sessions:** The first one or two sessions involve exploration and understanding of the case and/or problems, and the actual therapeutic process can start after the first session.
- **Therapy Goals:** Resolving specific problems in personal or professional life, improving relationships, achieving more satisfying connections, better communication, overcoming difficult life situations, and managing challenging life stages.
- **In couples therapy** the goal is to identify the difficulties and to change the negative cycle that lead to turbulence in the relationship. This does not mean the therapist will resolve the

conflict instead of the couple or will take sides and be a referee, but rather guide the couple to resolve it themselves and find a more healthy way of communicating and connecting.

- **Core Principles:** Confidentiality, transparency, appropriateness, personal responsibility for decisions and behavior during individual sessions and personal life, spontaneity, and giving and receiving feedback.

My Method: *The main method I use in therapy is Emotionally Focused Therapy, Family and Systemic Therapy, and Integrative Psychotherapy. The aim is to achieve conscious living, personal growth, pleasure, and joy in life and important relationships. The method also includes elements of Dynamic Psychotherapy, Client-Centered Therapy, and Humanistic approach.*

I have read and fully understood the conditions and methods of conducting my therapy, received explanations from my therapist Rosen Mitkov, and give my informed consent:

Client (Name, Signature):

Client (Name, Signature):

Date:

Signature (Therapist):