

RECOVERY COMMITMENTS

1. Reliably attend weekly 53 to 60-minute sessions with the therapist and monthly briefer sessions with the psychiatric practitioner. Cancellations should be at least 24 hours in advance. Multiple cancellations or long gaps will hinder progress.
2. Having sessions face-to-face in-person quickens the pace of recovery. However, when you have a cough, fever, or shortness of breath, never attend visits in person, but meet by televideo instead.
3. Pay session fees at the time of each in-person visit and pay fees promptly when billed.
4. Actively participate in treatment. This can include bringing up relational issues or discussing thoughts, feelings, or behaviors. You are also encouraged to share and explore dreams, creative activities, and Daily Connection Sheets. Active participation also includes being free from the influence of drugs or alcohol during sessions for the sessions to be helpful to you. Active participation demonstrates a commitment to recovery and is necessary for treatment to be effective.
5. Participate in quality assurance, including completion of questionnaires and video-recording of sessions. These allow the quality and consistency of treatment to be evaluated and maintained.
6. No hostile behaviors during sessions including profanity, lying, violence, verbal threats, or physical threats. Such behaviors are destructive to the treatment relationship.
7. Work towards health and recovery between sessions. This includes pursuing a healthy lifestyle, maintaining a healthy weight, staying connected with your experiences, taking medications as prescribed, obtaining appropriate medical care, and keeping yourself safe, e.g. admitting yourself to the hospital when necessary. These steps demonstrate that you are committed to working towards health and recovery. I can only be helpful if you want to be helped.
8. Telephone calls should be limited to waking hours and no more than twice a week. They should be brief since psychotherapy over the telephone is ineffective and often counterproductive. Texting is not permitted since it is not secure and can often lead to misunderstandings.

These are the minimal commitments necessary for treatment to be effective. Inability to stick to these commitments will render the treatment ineffective and will necessitate discharge.