



Better Man, LLC  
503.473.6725

### Introduction

Welcome to Better Man, LLC. This document contains important information about the terms of working with Better Man, LLC. When you sign this document, it will also represent an agreement between you and Better Man, LLC. We can discuss any questions you have before you sign this agreement or at any time you have questions in the future.

### Professional Disclosure

My name is Steven Sutton, I am the owner and operator of Better Man, LLC, and will personally provide all professional counseling services rendered by Better Man, LLC under this Agreement. I am a Licensed Clinical Social Worker, in the State of Oregon (LSCW #3935). My practice focuses on helping people create the life they want. I'm a native of Oregon and grew-up in the Portland area. I earned my undergraduate degree from the University of Oregon and my Master's Degree in Social Work from Columbia University. After completing my studies in New York, I moved home and started my practice as a licensed psychotherapist in 2006.

### Limits Of Confidentiality

As a licensed social worker, your therapist is bound by a professional code of ethics and has a duty under state and federal law to keep the information you share confidential. However, there are some limits the therapist's duty of confidentiality under this agreement and applicable law, which are: 1. If you disclose a specific and credible threat to harm another person, the therapist may have a duty to

disclose that information to the proper authority without your consent. 2. If you disclose knowledge of elder or child abuse, or serious suicidal ideations, the therapist may have a duty to disclose that information to the proper authority with or without your consent.

### Technological Limits

As you are no doubt aware, it is impossible to protect the confidentiality of information that is transmitted electronically. This is particularly true of email and information stored on computers that are connected to the internet. Despite these risks, there are also significant benefits provided by online connectivity. Clients are able to determine the extent of the technology used to facilitate their participation in the group activities by completing and returning the Technology Disclosure & Agreement to the therapist.

### Risks and Benefits of Individual or Couples Work

Participating in a therapy may result in a number of benefits, including reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviors, improved interpersonal relationships, increased comfort in social, school and family settings, and increased self-confidence. Working with Better Man, LLC can help you be more honest and have integrity in every area of your life. You may learn a great deal about yourself. You will learn that there are other people who struggle with the same issues you do. Such benefits require substantial effort on your part, including active participation in the process, honesty, and a willingness to tolerate discomfort for growth. You will be asked to work on challenges and assignments throughout the week in between sessions and group meetings. While there is no guarantee that the work will yield any or all of the benefits mentioned above it is certainly true that the more you invest the greater the benefit you are likely to see.

### Acknowledgement

By signing here, you are agreeing to all of the terms and conditions described above required for couples therapy with Better Man, LLC. Furthermore, you understand the risks and benefits associated with the work contemplated by this Agreement, you consent to such treatment, and understand the limits of

confidentiality for information shared during individual sessions. You have been given an opportunity to ask questions about the Agreement and fully understand its terms.

\_\_\_\_\_ Printed Name

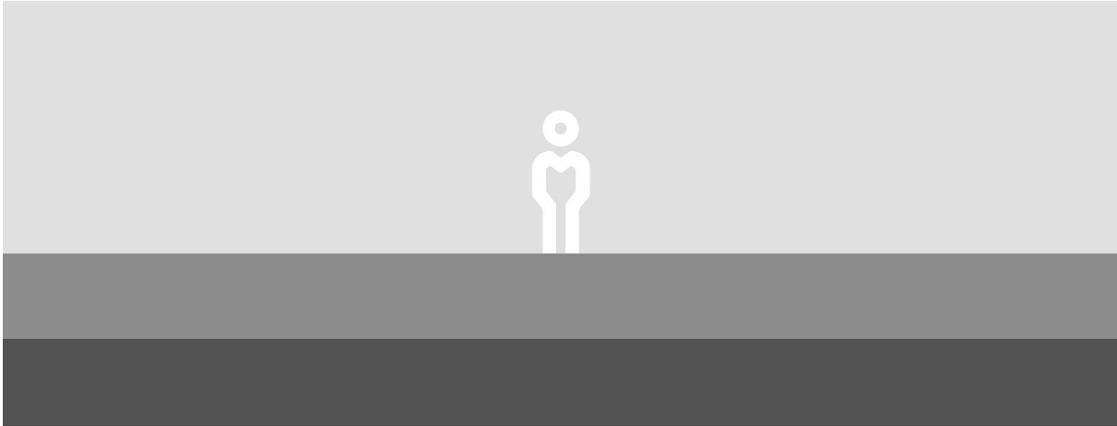
\_\_\_\_\_ Signature

\_\_\_\_\_ Date

\_\_\_\_\_ Printed Name

\_\_\_\_\_ Signature

\_\_\_\_\_ Date



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### Technology Disclosure and Agreement

It is important for members to understand the limits of confidentiality when using electronic communications to share. Please indicate your preferences below:

#### Individual information email

If you email documents to Better Man, LLC, such as a completed intake form, we can't guarantee the confidentiality of that information as it does not control the servers where the communication is stored and transferred. However, Better Man can assure that once the document is received by the Better Man employee, it will be kept protected and confidential according to the confidentiality terms of your membership agreement. Members who choose not to consent to transmitting documents via email will exchange them in person by hard copy only at meetings or by US mail.

I agree that Better Man, LLC, may send and receive documents that contain my personal information via email. Yes \_\_\_\_\_, No\_\_\_\_\_.

#### Text

Occasionally Better Man, LLC employees may use texts to convey basic information to members regarding scheduling or other logistics. These texts will never be used to discuss treatment or personal information. But sometimes texts are the most practical way of notifying members of scheduling changes or



