

## Evaluating Your Treatment

It is not always easy to evaluate treatment. You may not be able to look at it objectively or know what to expect. For treatment to be effective:

- You should be comfortable with your counselor.
- You should feel the treatment he or she is providing is helpful.
- You should feel that your counselor understands you and accepts your opinions.
- Your needs should be addressed.
- You and your counselor should define and agree on the goals of your treatment and determine together when treatment should end.
- You should be able to alter your treatment goals at any time.
- You should feel you are making progress toward your goals.

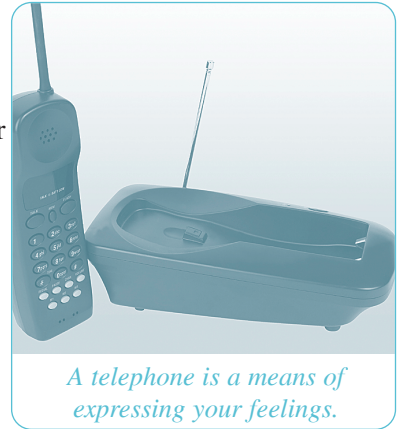


*It's important to ask yourself about your satisfaction and progress.*

- You need to trust your counselor and feel respected by him or her.
- Your counselor should behave in a professional manner. (Sexual contact with a client is exploitive and should never be a part of therapy.)

If you are not satisfied with your treatment, do one or more of the following:

- Express your concerns directly to your counselor to see if the problem can be resolved.
- Ask to speak to your counselor's supervisor if you are uncomfortable expressing a concern to your counselor.
- Find another counselor.
- Inform the state licensing board if you think your counselor's conduct has been unethical or illegal.



*A telephone is a means of expressing your feelings.*