

# Informed Consent in Real Life: A Practical Approach

Informed consent is an essential aspect of all professional services provided by mental health professionals and helps to set the tone for the relationship to follow. While it is a requirement, it also plays a very important role in the treatment relationship and process. Yet, many questions exist about how to appropriately provide informed consent, the details of what should or shouldn't be included, who should provide informed consent, and how diversity factors may necessitate modifying how we provide informed consent. This webinar will address each of these issues and provide practical guidance on how to meet ethics and legal requirements, and client needs, and how to utilize informed consent to promote a good working relationship with clients, as well as how to utilize it to promote the goals of treatment for our clients. Common pitfalls and dilemmas, practical suggestions and recommendations, and relevant options to consider will each be addressed. Clinical examples will be provided to illustrate key issues to include informed consent with minors, with couples and families, third-party requests for services, and the use of informed consent for the wide range of professional relationships mental health professionals may have.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Explain the history and development of the doctrine of informed consent
- 2) Describe the impact of case law on current standards for informed consent
- 3) List the essential elements of every informed consent agreement
- 4) Explain the differences between informed consent and assent
- 5) Explain how to modify the informed consent process in response to client diversity factors.

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 11 AM ET  
History  
Definition  
Benefits of informed consent  
Nuremberg code  
The Belmont Report  
Case law  
Breal 12:30-12:45 PM ET  
Minors  
Know your state law  
Your profession's ethical code  
Essential elements of informed consent  
Documenting informed consent  
Common pitfalls  
Diversity  
End 2:15 PM ET

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## Continuing Education Credit

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## The Presenter

Jeffrey E. Barnett, Psy.D., ABPP is a licensed psychologist and is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. He also is a Professor of Psychology at Loyola University Maryland. He is a nationally recognized expert in professional ethics issues for mental health professionals and has served as chair of the ethics committees of the Maryland Psychological Association, the American Psychological Association, and the American Board of Professional Psychology. He also has served as the Vice Chair of the Maryland Psychology Licensing Board. Dr. Barnett has numerous publications to include 13 books and over 250 articles and book chapters and over 300 professional presentations that focus on ethics, legal, and professional practice issues for mental health professionals. Through his many publications and presentations Dr. Barnett has made major contributions in ethics and ethics education, ethical decision-making, online education, mentoring, boundaries and multiple relationships, self-care and the promotion of psychological wellness, clinical supervision, tele-mental health, integrating religion and spirituality into clinical practice, business of practice, and integrating Complementary and Alternative Medicine into clinical practice. Among his many awards he is a recipient of the American Psychological Association's Award for Outstanding Contributions to Ethics Education and its award for Distinguished Contributions to the Independent Practice of Psychology.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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