



INFORMED CONSENT

Date: _____

Counsellor: Stephanie Clark

Client: _____

Registration No. ACCT 1008

It is important for you to read over the following points and ask any questions that you have.

- 1.) Participation in counselling is voluntary; however the collaborative outcome is directly influenced by the client's willingness to actively engage in the therapeutic process with the counsellor. The client may terminate the sessions at any time and the decision will be supported.
- 2.) The counsellor will encourage the client to set specific goals for counselling and will generally use a Holistic, Integrated approach to help meet the needs of the client.
- 3.) As a client progresses through counselling there can be emotional ups and downs. Sometimes in counselling one may feel worse before they feel better. This is a normal part of therapy. This issue can be discussed in more detail, if there you have any questions.
- 4.) In return for a fee of \$80 (individual) \$100 (couple/family) / 50 minute session, the counsellor agrees to provide counselling services. Payment is due at the end of each session. Session duration could be weekly, bi-monthly, monthly – based on the clients needs. **48 hours notice is required for cancellation or full payment is applied to the next session.** Delinquent accounts must be settled by the next session.
- 5.) The counsellor may consult with colleagues or other health professionals regarding the management of cases. Every effort is made to protect the identity of the client.
- 6.) The counsellor may record the session to review with a supervisor or colleague for case management purposes. Every effort is made to protect the identity of the client.
- 7.) Client records aid the counsellor in keeping track of goals and progress. Both the counsellor and the client have access to the file at any time; they are secured under lock and key in the counsellor's office.
- 8.) **Confidentiality is kept in high regard however, there are exceptions to confidentiality:**
 - a. If the client informs the counsellor they are going to harm himself/herself or someone else
 - b. If the client reports the abuse of a disabled, minor or elderly person
 - c. If the counsellor receives a court order from a judge requesting case notes
 - d. The client directs the counsellor to share information with another person

I have reviewed and understand the above information, and request counselling services. I understand that I have the option to review the counselling contract at any time.

Client's Signature

Counsellor's Signature