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Welcome to my practice. I am happy you are here!

I am a Registered Clinical Counsellor with the BC Association of Clinical Counsellors, and I hold a Masters Degree in Counselling Psychology. I have prepared this letter to inform you about my policies, as well as your own rights as a counselling client. Please read it carefully before signing, and talk with me about any questions you may have.

As my client, first and foremost, you have the right to complete confidentiality. This is the foundation of a safe and effective counselling relationship. I will never share with anyone anything that you say to me, and I will not reveal to anyone whether or not you are a client of mine. You should be aware, however, that there are a few situations in which I cannot guarantee confidentiality, which are as follows. I would always let you know before taking any of the actions described below.

- 1) *If I believe that you are at serious risk of suicide*, I may legally break confidentiality in order to protect you. I would explore all other options with you before doing this, and if at that point you were unwilling to take steps to ensure your safety, I would have to take action to make sure that you were protected from harming yourself.
- 2) *If you tell me that you are seriously planning to hurt or kill an identifiable person*, and I have reason to believe that you will follow through with it, I am legally required to try to inform that person and protect them from harm. I must also inform the police of your intentions.
- 3) *If you tell me about a child or dependent adult who is being abused or neglected*, then I am legally required to take steps to protect that child or adult by reporting this information to child protection authorities.
- 4) *If you are involved in a court case* and a request is made for information about our work together, I may ask you for written consent to disclose the requested information. I may be required to disclose information without your consent, but I will do all that I can within the law to protect your confidentiality, and I will inform you of anything that I disclose.
- 5) *If you request that I coordinate care with another care provider*, I will get a signed release from you and discuss with you what information will be shared.

In order to protect your confidentiality, I will not acknowledge you if we run into each other in public. You are welcome to approach me, however. You are free to talk about our professional relationship with whomever you choose.

In our first session(s), I will ask questions to try to get a sense of what brings you in to counselling/therapy. I will also listen, so you can share what is important to you. Together we co-create a relationship in which we work together on whatever it is you are hoping to get from therapy. As we work together, I will be curious about your present life, and also about your past. I will also ask about what you are experiencing emotionally as you are telling me about these things, and I will ask you to check in with your body about what you are noticing inside.

I have extensive post-degree training in various modalities, and my work is mainly informed by AEDP (Accelerated Experiential Dynamic Psychotherapy) and CRM (the Comprehensive Resource Method). I use a lot of different techniques and interventions in my work with clients. You are always very welcome to ask me why I'm asking or doing anything in our sessions.

You have the freedom to end your counselling with me at any time you choose — but I do invite you to discuss that decision with me, if possible. If you ever find that you are unhappy about what is happening in our sessions, please talk to me so that we can address your concerns. If you ever have serious concerns about me or about another RCC, you should contact the BC Association of Clinical Counsellors.

I am trained as a somatic (or body-oriented) therapist. Occasionally, I may feel that it would be helpful to incorporate some kind of non-invasive, non-sexual touch into our work. I will always discuss this with you in advance, and you always have the right to refuse this kind of contact, or to change your mind even if you had previously agreed.

My fees are \$140 per 60 minute session, or \$175 per 75 minute session, which includes GST. I typically raise my rates nominally once a year. Fees are payable by cash, cheque, email transfer, or credit card at each session. If you prefer to use e-transfer, please send it in advance of our session, though I will not deposit it until afterwards.

If you need to cancel or change an appointment, I request 48 hours notice by phone, email, or through my online booking system. *Session fees may be charged for no-show appointments and cancellations made with less than 24 hours notice.*

If you need to reach me outside of our sessions, please use the number on this letterhead, or email me. I do not use email for discussing personal material since it cannot be guaranteed confidential. I do my best to respond to all client phone calls and emails within 24 hours, but I do not generally return phone calls in the evenings or on weekends. If you need help immediately, please call the Vancouver Island Crisis Line at 1-888-494-3888.

### Client Consent to Psychotherapy

I have read this statement, had sufficient time to consider it carefully, asked any questions that I needed to, and understand it. I understand the limits to confidentiality required by law. I understand the fee per session and my rights and responsibilities as a client, and my therapist's responsibilities to me. I know I can end therapy at any time I wish.

Client Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Dated: \_\_\_\_\_

Therapist Signature: \_\_\_\_\_

Dated: \_\_\_\_\_