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BodyMind Counselling Services

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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. We will talk together about a plan for your time in therapy, and discuss what your goals are. I may ask you about things that you do not normally feel very comfortable thinking about, or feeling. You have the right to decide what you are comfortable sharing, and may choose not to discuss certain topics. However, sometimes it is helpful to push yourself a

little and see whether some benefit may come from enduring the discomfort. Counselling is supportive, but it can also be challenging sometimes.

I have extensive post-degree training in various modalities, including AEDP, PsychoPhysical Therapy, and psychodynamic and relational psychotherapy. I use a lot of different techniques and interventions in my work with clients. If you have any questions about what is happening in therapy, you are welcome to ask them. You have the right to ask about my experience and my training to work with your particular issues. You also have the right to leave therapy at any time. If you ever find that you are unhappy about what is happening in therapy, I encourage you to talk to me so that we can address your concerns. If you ever have serious concerns about me or about another RCC, you may 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 have the right to refuse to be touched. You also have the right to change your mind even if you previously agreed to be touched.

My session fees are \$100 per 1-hour session, unless we have negotiated a different sliding scale fee. Fees are payable by cash or cheque at the start of each session.

If you need to cancel or change an appointment, I require 24 hours notice. Session fees will be charged for missed appointments and late cancellations, unless we are able to reschedule for another time the same week (I cannot guarantee my availability, however).

If you need to reach me outside of our sessions, please use the number on this letterhead. You may email me, but please limit the use of email to scheduling issues. I do not use email for discussing personal material since it cannot be guaranteed confidential. I respond to all client phone calls and emails within 24 hours. If there is an emergency, 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: _____