

Adrie-Anne Gamble, MA, APC

Associate Professional Counsellor

www.reginacounselling.com

306-540-5841

a.gamble@sasktel.net

Experiencing crisis and trauma in my own life is what sparked my passion to pursue a career in counselling. As a counsellor I have been able to facilitate restoration in the lives of others; and as a counselee, I have experienced healing and recovery in my own life. Hope is what drives my passion to support others. There is hope and a way through, even in the most difficult times. Regardless of your circumstances, or beliefs you are unconditionally accepted here.

INFORMED CONSENT

My goal is to offer a caring and safe place where you can share your concerns and find support, compassion and hope. I will do my best to understand your situation and offer guidance, resources, and tools to help you move closer towards your goals. If I do not have the skills and experience to provide the support you need, I will assist you in finding another qualified counsellor.

Counselling Approach

I offer a holistic, integrative approach to therapy. I view problems and symptoms as being connected with the physical, mental, social, emotional and spiritual aspects of who we are. I explain helpful elements of various therapeutic approaches and together we design a plan that feels right for you. We work on the areas you want to work on. You set the pace as to how quickly we progress.

Each counsellor works from his or her own understanding of life, and the nature of problems and solutions. This means that a counsellor's worldview will influence his or her approach to counselling based on what they believe. Therefore, it is important to me that my clients know I counsel from a Christian perspective.

This does not mean that I will be constantly quoting from the Bible. Nor do you need to be a Christian for us to work together. I believe all people are worthy of love and respect regardless of beliefs, problems or circumstances. I am trained to use a variety of counselling methods which are helpful to all people regardless of religious belief. Having said that, please be prepared to receive counselling from someone who works from a Christian worldview. If at any point you become uncomfortable with this, I will be happy to refer you to someone else.

Counselling Areas

- Adult Survivors Abuse/Trauma
- Anger
- Anxiety
- Belonging/Purpose
- Boundaries
- Bullying/Harassment
- Conflict Resolution
- Communication
- Control
- Coping Skills
- Emotional Pain/Coping
- Partners of Sex Addicts (Trauma Model)
- Relapse Prevention
- Relationship Challenges & Skill Building
- Restoration and Forgiveness
- Self-Esteem
- Spiritual Abuse, Oppression, Growth
- Stress
- Trauma

Professional Qualifications

I have a Masters of Counselling Degree from Briercrest. I am an Associate Professional Counsellor registered with the Professional Association of Christian Counsellors and Psychotherapists (PACCP). I have additional training in:

- Cognitive Processing Therapy (Medical University of South Carolina)
- Emotion Coaching (The Heart of Parenting: Gottman Institute)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Genesis Process: Relapse Prevention for Addictive/Compulsive Behaviours (Genesis Process)
- Motivational Change (CTRI Institute)
- Partners of Sex Addicts (AASAT: Trauma Model)
- Suicide prevention (ASSIST)
- Trauma-Focused Cognitive Behaviour Therapy (Medical University of South Carolina)

Areas of Interest & Study

- Love Addiction, Emotional Intimacy, Developmental Trauma
- Mental Health and the Church's Mission
- Spirituality and Mental Health
- Emotion-Focused Therapy For Complex Trauma
- Emotion-Focused Couples Therapy
- Attachment Therapy
- Schema Therapy
- Forgiveness, Reconciliation, and Peacemaking

Client's Responsibility

The purpose of therapy is to establish a genuine relationship where healing can take place. Your responsibility will be to come to your booked sessions and talk about what is bothering you as openly as you can. My role is to provide insight, guidance, support and help you learn to solve problems, rather than solve them for you. Benefiting from therapy requires work on your part. If you attend counselling an hour a week and don't give it much thought until the next session, you likely won't get the results you're looking for. By completing homework, practicing skills, and trying any recommendations between sessions, you'll get the most out of your investment. Practicing new skills may cause you to feel stretched or challenged, but with commitment and practice, I hope you will enjoy successful outcomes!

Limitations of Therapy

Therapy sessions carry both benefits and risks. Sessions can reduce the amounts of distress and/or improve relationships and or resolve specific issues. However, 'cures' cannot be guaranteed for any conditions due to many variables. Experiencing uncomfortable feelings, and/or discussing unpleasant situations of your life are considered risks of therapy. My job is to help you identify goals and develop plans to reach them. Your job is to decide what plans will be useful to you and carry out these plans as you see fit.

Bookings and Duration of Therapy

It's common to feel like ending therapy prematurely when you experience a setback or experience "quick-fixes" and feel the work is done. I want to encourage you these feelings are normal and helpful to discuss in your sessions.

You may stop therapy or ask to renegotiate our plan at any time. Please let me know areas you are finding helpful, or unhelpful or would like to see changes. It's important to me that you have the best experience in our sessions. I hope you feel comfortable to let me know if at any point an approach is not working for you.

It is my policy to learn about your expectations of therapy and discuss options based on your availability of time and financial resources (ie, frequency and number of sessions, and goals).

Counsellor Availability

When I am not working with you, I am working with other clients or taking time to rest. The boundaries I have for contact outside of sessions will vary depending on individual need. You may contact me at (306) 540-5841 for these reasons:

1. To make, change or cancel appointments.
2. Report emotional reactions or experiences that happen between sessions that do not require action on my part.
3. Report progress or frustrations you are feeling regarding session outcomes or plans.
4. I will do my best to get back to you in 24 hrs. If you find yourself in crisis call mobile crisis at 306-757-0127 or in an emergency call 911.

Professional Relationship

As your counsellor, I am willing to listen and help you with important parts of your life, but I am unable to have a social relationship with you outside of our sessions. If we see each other in public, I may say hello, but not encourage conversation unless you initiate it. This is nothing personal, it's a standard code of ethics that all counsellors are required to follow to protect the healthy boundaries of the therapeutic relationship. It also protects your privacy and confidentiality.

Court Reports or Letters

I do not issue legal letters or reports on behalf of clients involved in legal matters. Should I become involved in legal proceedings, my regular hourly fee applies to preparation and travel time and compensation for missed bookings. Keep in mind that while under oath, I am neither a court advocate, nor friend and must speak truthfully regardless of whether that information is helpful or damaging to your position.

Rates and Payment

My rate is \$80 per 1 hour session or \$120 per 1.5 hour session.

The session fee is payable prior to the start of the session or at the end of the session before you leave. This allows me to easily track payments and also issue you a receipt while you are here.

Payment types accepted: cash, e-transfer, or credit card.

If paying by e-transfer, this needs to be sent prior to the session to a.gamble@sasktel.net

**for ethical reasons, all counsellors respectfully decline any personal gifts*

I _____ understand what I have read. By entering into a counselling relationship by attending session, I agree to the terms and conditions outlines above.

I understand and give permission to my therapist to seek clinical supervision or consultation about my situation when necessary.

I hereby acknowledge that I have received information regarding informed consent for counselling therapy. I have had time to study the information and ask any questions that I want to ask concerning the proposed treatment and services. I have also received a copy of this document for my own use.

Date: _____ Client: _____

Date: _____ Counsellor: _____

CONFIDENTIALITY AND LIMITS OF CONFIDENTIALITY

All documents and discussions that take place in our sessions are confidential. This information cannot be shared with another party without your written consent or the consent of a minor's legal guardian. The exceptions are as follows:

- If you have intentions of harming yourself;
- If you have intentions of harming another person;
- In the event of child abuse, or a child is in danger of being abused;
- In the event of the clients death, the spouse or parents have a right to access the clients records;
- In the event of a hearing regarding professional misconduct, related records may be released;
- Court orders;
- Insurance providers/financial sponsors (date/time, treatment plan, type of service, progress, case notes, summaries);
- Prenatal exposure to controlled substances;
- Minors: parents/guardians have the right to access client's records; and
- Cases are subject to the review of my clinical supervisor.

By signing below, I agree to the above assumption of risk and limits of confidentiality and understand their meanings and ramifications.

Printed Name

Signature

Date

CANCELLATION POLICY

This cancellation policy is really important to me due to the limited spaces I have available. The time I book for your session is reserved specially for you. When you cancel your appointment, it is unlikely I will be able to schedule another client into that space on short notice. This means a lost session that could have been used by another client.

48 hours' notice is required to cancel your booking.

If you cancel with less than 48 hours' notice, you will be billed for 50% of your session.

If you cancel with less than 24 hours' notice you will be billed for 100% of your session.

If I cancel your appointment with less than 48 hours' notice, your next appointment will be less 50% of the cost.

If I cancel your appointment with less than 24 hours' notice, your next appointment will be free.

If you do not show up for a scheduled appointment (without cancelling) you will be billed for the cost of that scheduled session. If there is no communication provided for a missed session it will be assumed that any remaining bookings will be cancelled.

Cancellation fees will only be waived in the event of a medical emergency requiring urgent professional treatment, a death in the family, or natural disaster.

I understand that life circumstances may arise which make attending counselling on an ongoing basis difficult or even impossible. For clients who need to cancel frequently and/or consecutive appointments, I reserve the right to re-evaluate whether this requires that we postpone or end therapy.

Printed Name

Signature

Date