

Adrie-Anne Gamble, MA, CCC, APC

Canadian Certified Counsellor
Associate Professional Counsellor

reginacounselling.com

(306) 540-5841

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INFORMED CONSENT

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.

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 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. No matter where you are in your spiritual journey, I meet you where you are at and work with you through the presenting issues that you are struggling with. At the same time, please be prepared to receive counselling from someone who works from a Christian worldview. If at any point you become uncomfortable with this, please let me know.

Education and Certification

- Education:** Master of Counselling Degree, Briercrest
- Certification:** Canadian Certified Counsellor #10001293. Canadian Counselling and Psychotherapy Association.
- Certification:** Associate Professional Counsellor #631SK17. Professional Association of Christian Counsellors and Psychotherapists.

Additional Training

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

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
- Shame
- Spiritual Abuse, Oppression, Growth
- Stress
- Trauma

Additional Areas of Interest & Study

- Love Addiction, Emotional Intimacy, Developmental Trauma
- Mental Health and the Church's Mission
- Spirituality and Mental Health
- Emotion-Focused Therapy
- Attachment Therapy
- Schema Therapy
- Communication, Conflict and Reconciliation

Client's Responsibility

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.

Expectations and Duration of Therapy

It is my policy to learn about your expectations of therapy and discuss options based on your availability of time and financial resources. This includes what you hope to see in terms of, frequency and number of sessions, and goals.

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.

Counsellor Availability

The boundaries I have for contact outside of sessions will vary depending on individual need. Please contact me at (306) 540-5841 or email a.gamble@sasktel.net for these reasons:

- To make, change or cancel appointments.
- Provide feedback about your session(s).
- If you are experiencing a crisis please call mobile crisis at 306-757-0127. If the event of an emergency. call 911.

Confidential and Professional Relationship

As your counsellor, I am unable to have a social relationship with you outside of our sessions. If we see each other in public, I will not initiate contact or conversation unless you initiate it. This is nothing personal. This is standard practice that all counsellors are required to follow to protect the healthy boundaries and confidential nature of the therapeutic relationship. This ethical code protects your privacy and confidentiality.

Court/Legal Proceedings

I do not issue legal letters or reports. Should I become involved in legal proceedings, my regular hourly fee applies to all time spent including preparation, travel, and compensation for missed bookings. During any legal proceeding it is my ethical duty to speak truthfully regardless of whether that information is helpful or damaging to your position.

Rates and Payment

All payments are due at the time of your session.

Rates: \$100 per 1-hour session for individuals

\$120 per 1-hour session for couples

Payments Accepted: Cash, Credit Card, or E-transfer*

*E-transfers accepted when received prior to session to
a.gamble@sasktel.net

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

I _____ agree to the conditions outlined above.
(first & last name)

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

I have had time to study the information on this Informed Consent document and ask any questions regarding the terms of counselling. I have received a copy of this document for my own use.

Date: _____ Client: _____

Date: _____ Counsellor: _____

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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 plans to harm yourself;
- If you have plans to harm 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 legal 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 understand and agree to the limits of confidentiality.

Client Signature

Date

CANCELLATION POLICY

This cancellation policy is 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.

There is a range of valid reasons for cancelling an appointment. In order to be consistent with all clients, 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.

Client Signature

Date