

Therapeutic Treatment Consent Form

Consent to undertake therapeutic treatment

Sandy Ogier, the Psychologist, uses a range of psychological approaches appropriate for teenagers and adults. One of them is Acceptance and Commitment Therapy. This new powerful advanced CBT psychotherapy has been clinically proven to be successful in a wide range of psychological problems. The aim is to help create a rich, full and meaningful life (values) and teaching/practicing a set of practical skills to handle difficult situations long term, as opposed to very specific problems focused.

Therapy requires work during and in-between sessions. An initial time period of 4-6 weeks/sessions should allow for a direction that seems to have an increased understanding of self, and indicate long term results and vitality applied in real life. If it looks like this treatment is not beneficial, the psychologist will work with the client to find the best alternative treatment referral.

Fees

The cost of a 50 minute consultation varies pending your financial circumstances.

Mental health treatment plan from your doctor for a treatment course of 6 sessions initially: Medicare covers up to 20 sessions per year pending your GP's review after 6 sessions and then after 10 sessions:

- Bulk billing with no gap to pay for the client (free session*) may apply to concessions holders and special circumstances recommended by your doctor.
- 'Private' client sessions vary from a gap of \$40 and up (e.g. with Medicare cover included in \$127.55 fee). Sessions could be reimbursed by your private health funds post Medicare sessions being used up.

Private sessions with no Medicare or other cover range from \$127.55 and up.

Cancellation: Due to waitlists and a 1 hour appointment time booked at the clinic for each client, **cancellation** under 24 hours incurs a fee of \$40. Please make sure you confirm your appointment, or cancel it ahead of time.

Consent to collect information

As part of providing a psychological service to you, personal information that is relevant to your situation, needs be collected and recorded – i.e. name, contact information, some personal and medical history and other relevant information-. Your personal information is retained in order to document what happens during sessions, and enables the psychologist to provide a relevant and informed psychological service to you. Personal information gathered as part of your assessment and treatment provided is kept securely in electronic or hard copy, and this for a period of 7 years.

Confidentiality - Disclosure of personal information

All personal information gathered by the psychologist during the provision of the psychological service will remain confidential' apart from your GP receiving a brief letter explaining progress completed at conclusion of the therapeutic sessions in line with the initial referral request. The only exceptions would be as follow:

1. it is subpoenaed by a court, or disclosure is otherwise required or authorised by law; or
2. failure to disclose could **place you or another person at serious risk to life, health or safety** (Psychologists are **mandatory child safety reporters**); or
3. your prior approval has been obtained to provide reports (other than to your GP) or disclose to another agency. - Court cases requiring psychologist participation require additional fees.

Please note: If, after reading this form you are at all unclear about any of the information provided, please inform the psychologist prior to your appointment or at the start of the session.

I, (write your name in Block Capitals)....., have read, understood and agree with this Consent Form.