



## ***Client Rights and Confidentiality Agreement***

*As a client of Seen Heard Found Counselling, you have the right to:*

1. Voluntarily participate in treatment with your counsellor and terminate at any time.
2. Ask questions regarding this form, the services provided, or the counselling relationship at any time.
3. Provide feedback regarding the services provided or the counselling relationship at any time.
4. Collaborate, participate, and understand the treatment goals; working with your therapist to achieve your desired outcomes.
5. Know the benefits and risks associated with therapy: Benefits: research supports and demonstrates the effectiveness of psychotherapy. Counselling has shown to reduce symptoms of many mental health concerns including (but not limited to) depression and anxiety. Skills learned in counselling session also work to improve quality of life. Risks: you may be asked to recall events that are traumatic and elicit trauma responses. It is not the goal of counselling to recall these events and leave them unresolved. Although working through these memories may have temporarily undesired effects, talking about these memories and emotions can signal the start of your recovery process. A healthy and meaningful life is not without risk and vulnerability. Let's take that risk together in a safe and secure environment.
6. Obtain information about treatment approaches, areas of expertise, and limitations of expertise, including limitations of professional license and credentials. You also have the right to have access to information regarding filing a complaint.
7. Understand confidentiality and its limitations in the counselling relationship. Confidentiality and trust are the foundation to this safe and secure environment. It is also a joint effort. The information shared in your sessions belongs to you, the client, and not the counsellor. Your counsellor will hold your information, in confidence, to build a place for you to finally feel like yourself while you process the concerns you bring into each session.

### ***limitations to confidentiality include:***

- Client has signed a written release of information.
- Client is assessed as being in clear and imminent danger to self or other identifiable individual(s)
- Client has been assessed as unable to care for self or other(s) in client's care
- Counsellor suspects, or client has disclosed information regarding current abuse, endangerment, or neglect of children or the elderly. It is law in New Brunswick to report

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suspected cases of child abuse or elder abuse. Although open and honest communication will be honoured when possible, consent is not necessary when reporting such cases.

- Records have been ordered by a court of law.

## You also have the right to

1. Have confidential storage of all records and information concerning the counselling relationship, treatment, and client. This means no release of information to third parties without written permission unless ordered by a court of law (see limitations to confidentiality). When considering third parties, such as insurance providers or EAPs, contract agreements may differ to what has been listed above. In this case, your concerns will be addressed and discussed with your counsellor.
2. Have all information outlined and verbally explained to your understanding, and the right to have this contract revisited throughout our counselling relationship.

*Seen Heard Found Counselling Revised 2024*

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