

Client Rights, Confidentiality, and Informed Consent Agreement

As a client of Tricia Wilson, BA, MA, 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.

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:

Limitations to confidentiality will be discussed in session to ensure a full understanding.

8. 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

When considering third parties, such as insurance providers, contract agreements may differ to what has been listed above. In this case, your concerns will be addressed and discussed with your counsellor.

9. Have all information outlined and verbally explained to your understanding, and the right to have this contract revisited throughout our counselling relationship.