



PERSPECTIVES
Counselling & Psychological Services

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Welcome,

I am committed to providing you with the highest quality of professional services to help you attain the changes you want to make in your life.

The Canadian Code of Ethics and the Standards of Practice for Alberta Psychologists requires that providers of psychological services disclose specific information to their clients. This document provides that information must, by law, be acknowledged verbally or in writing by the client. If you have any questions about the material contained in this document or about any other aspect of your treatment, please feel free to discuss them with me at any time.

It has been my experience that the effectiveness of therapy is greatly enhanced when an open and honest relationship exists between the therapist and the client. To facilitate the development of this relationship and our work together, I would like to give you some basic information about my theoretical orientation, the procedures and policies that I follow, and my expectations of you.

The Process of Therapy

Ultimately, each of us is responsible for our own growth and development. Growth and development generally happen as the result of a process that occurs over time. The process involves becoming aware of belief systems that impede progress and oftentimes feelings that have been repressed as a means to survive the challenges of our various backgrounds. Consequently, therapy can be a painful process at times and at other times, it can be awe-inspiring. As a therapist, I will utilize all the tools, experience and intuition available to me to help guide you along your path. It will be important for you to be honest and open, as well as communicate thoughts and feelings that may at times be uncomfortable to express. It is my opinion that our combined efforts will be instrumental in helping you make the changes you desire in your life.

Theoretical Orientation:

My theoretical approach consists of encouraging you, the client, to strive for a better and more complete life. I believe that encouragement is demonstrated through active listening, empathy, communicating respect for, and confidence in, your strengths, assets and resources. The traits I truly value are the idea of a strong therapeutic alliance, trusting the client and exploring the client's competencies. Expressing hope and faith in you will help you develop hope and faith in yourself. Using your existing strengths and what is already working for you are extremely valuable resources you have to help achieve a more competent self. We will work together to formulate goals that will shift your focus onto solutions in the present to help sustain a healthier lifestyle in the future.

Appointments

My services are by appointment only. Usually the length of an appointment is 50 minutes. If you are unable to keep your appointment, please cancel the appointment 24 hours prior to the scheduled time in order to avoid a charge. With the exception of circumstances we would both define as an emergency, you will be billed in full for non-cancelled/no show appointments.

Consent for Treatment of a Minor

Risks and Benefits

Counselling for children/adolescents can have benefits and risks. Since therapy often involves discussing unpleasant aspects of one's life, your child may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness and helplessness. Working through difficult emotions can sometimes lead to an increase in difficult behaviours before the child is able to utilize new skills or fully integrate their experiences. On the other hand, counselling has been shown to have benefits for individuals who go through it. Therapy can lead to better relationships, solutions to specific problems, significant reductions in feelings of distress and improved self-esteem. But there are no guarantees of how a child will respond.

Children are unique and sometimes require assistance and support in order to grow and develop to their fullest potential. Counselling can often be beneficial for children and their families and one way of working with children is to utilize play in a therapeutic manner. Play can be explained as the language of children. The use of therapeutic play enables a child to re-organize or make sense of their world; it can also serve to strengthen a child's sense of self and to gain mastery over their world or their "problems." Using play to explore a child's experience gives the child psychological distance and provides an opportunity to express him/herself in a safe way.

In providing counselling to children, and in using play as a therapy technique, I invite the child into a special "playtime" but I am not a "play partner." Rather my role is more significant as I read, follow, interpret, and respond to the child's play.

Confidentiality

Counsellors who work with children have the difficult task of protecting the child's right to privacy while at the same time respecting the parent's or guardian's right to information. Therapy is most effective when a trusting relationship exists between the counsellor and the child. Privacy is especially important in securing and maintaining that trust.

In my practice, I provide individual counseling to children and ensure the caregiver/parent is involved in the process through consultation with them. At times, the parent/caregiver may even participate in the sessions. However, to ensure a child's privacy I will not provide detailed information to the parent/caregiver regarding what the child shared unless the child provides assent. Instead, general themes, ideas, strategies, and recommendations will be provided as well as support and encouragement to the parent/caregiver. If it is necessary to refer your child to another mental health professional with more specialized skills, I will share that information with you. Other areas of confidentiality will be discussed during the first session with the child in the presence of their parent/caregiver to ensure complete understanding and agreement prior to the initiation of counseling.

Revoking Consent

Both you and your child may end the counselling relationship at any time, without penalty or prejudice (with the exception of no shows as identified on the consent for treatment form). While free to discontinue services at any time, it is preferable to have a closing session or phone call, to ensure the child understands that counselling is ending and to provide an appropriate closure to the experience.

Payment for Services

The fee for professional time spent in therapy, consultation or evaluation is dependent on the length of session you choose. If you wish to retain my services, my fee for a 50 minute session is \$200.00 (According to the Psychologist Association of Alberta, this fee schedule is a guideline and reflects a fair fee for service consistent with the qualifications of registered psychologists). Payment for services is to be made at the time of each session, unless otherwise agreed upon.

Confidentiality

The fact that you are coming to see me and what we discuss will be treated confidentially as privileged communication. I will not disclose this information to anyone. There are a few situations in which I am legally and/or ethically bound to break our confidentiality agreement. These situations are as follows:

- (1) If you or someone else has physically or sexually abused a minor, a developmentally disabled person, or an elderly adult. I will report this to appropriate authorities, and I will inform you of my action.
- (2) If you inform me of your substantial intent to physically harm another person, I will make efforts to inform that person and/or appropriate authorities, and will so inform you.
- (3) If I feel you are unable to meet your basic needs of health and safety or if you seriously intend to physically harm yourself, I will act to minimize your harm to yourself.
- (4) If I receive a court order, which requires that I release my records about you, I will release only that part of the record in compliance with the order, and will so inform you.
- (5) You may sign an Authorization to Release Information to enable me to disclose specific information or discuss your case with other professional individuals. This agreement may be revoked by you at any time.
- (6) For your benefit, and for my own professional growth, I sometimes seek consultation with other mental health professionals. In these circumstances, I will keep your identity anonymous to protect your confidentiality.
- (7) Information shared between a minor will we remain confidential unless I believe the information might adversely affect the child or the family.

Consent

I have read and I understand the above material and have received a copy of it. I hereby consent to treatment and agree to abide by the terms outlined.

Client's Name

Date

Parent(s) or Guardian(s) Signature(s)
(Required if under the age of 18)

Date



~ *Discovering balance and positive personal change* ~

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Client's Name

Date

Parent(s) or Guardian(s) Signature(s)
(Required if under the age of 18)

Date

Phone Number(s)

Cell Number(s)

Email