

Gabriela Elias, BSW, MSW, RSW
Individual & Couples Therapy
gabika.elias1@gmail.com
226-600-1471



Consent Form for Therapy with Gabriela Elias, BSW, MSW, RSW

Background Information

It is important that you are able to make an informed decision about your treatment. Let me tell you a little bit about myself and my approach to therapy.

I have completed my undergraduate degrees in Psychology and Social Work at the University of Waterloo and my Master of Social Work (MSW) degree at Wilfrid Laurier University. I am a Registered Social Worker in a good standing with the Ontario College of Social Workers and Social Service Workers (OCSWSSW). I am a member of the Ontario Association of Social Workers. I enjoy working collaboratively with my clients through dialogue to get to the heart of issues, and work towards coming up with goals that will empower you to make positive changes in your life and relationships. I specialize in trauma specific treatment such as **Eye Movement Desensitization Reprocessing (EMDR) Therapy, Trauma Focused – Cognitive Behavioural Therapy (TF-CBT) and Emotionally Focused Individual Therapy (EFIT)**. I also work with couples using the **Emotionally Focused Couples Therapy** that is an attachment-based approach.

Confidentiality

All aspects of your involvement as my client will be held in the utmost confidence. Personally identifiable information regarding clients is not discussed or disclosed to outside parties without prior permission of the client. However, therapists/counsellors are ethically and/or legally required to break confidentiality and disclose confidential information to the appropriate authorities in three kinds of circumstances:

1. If a client indicated that s/he or another person may be at serious and imminent risk of physically harming him/herself or others
2. In the case of apparent, suspected or potential child abuse or neglect
3. When a court issues a summons for records or testimony

It is standard practice that from time to time I may consult with a supervisor/colleague in order to improve the quality of service provided to you. If video or audio tapes of your sessions are used for the purpose of consultation, then your consent will be required. All efforts are made to ensure the privacy and confidentiality of client information.

For couples therapy only - if you or your partner decide to have some individual sessions as part of couples therapy, what you say in those individual sessions will be considered a part of the couple's therapy and can and probably will be discussed in our joint sessions. Do not tell me anything you wish kept secret from your partner.

Other than the circumstances listed above, I cannot converse, write or give any information about you or your circumstances without your written informed consent to do so.

Gabriela Elias, BSW, MSW, RSW
Individual & Couples Therapy
gabika.elias1@gmail.com
226-600-1471



24-hour Cancellation Policy

If you are unable to attend a scheduled appointment, please notify me at least 24 hours in advance. Without this notice, there will be a fee charged unless there are justifying circumstances. It is your responsibility to pay outstanding balances after each session (unless it is funded and approved by F&CS or Victim Services).

Electronic Communication/Social Media

It is my preference to use email only for initial inquiries and arranging or modifying appointments. Please do not include any content related to your therapy treatment, as email is not completely secure or confidential.

Facebook or other social networking sites: It is my policy not to accept friend requests or contact requests on social networking sites from any current or past clients. I believe that adding clients on social networking sites may compromise your privacy and blur the boundaries of our client/therapist relationship.

If you have any questions or concerns about these policies, please bring them to my attention.

Emergency Situations

I am available during my regular business hours only. If you are experiencing an emotional or mental health crisis that requires immediate attention, please do one of the following:

- Call Mental Health Crisis Line HERE247 at 1-844-437-3247
- Call 911 or report to Grand River Emergency Department

Please sign below to confirm that you have read and understood this policy agreement.

CLIENT SIGNATURE(S): _____

PRINTED NAME(S): _____

DATE: _____

THERAPIST SIGNATURE: _____

Gabriela Elias, BSW, MSW, RSW