

Privacy and Confidentiality Agreement

The following is a summary of relevant points of the *Privacy Act 1988*, as they relate to the practices of counselling and psychotherapy.

Contract for counselling/therapy between _____ and Samantha Strahan. I will offer empathy, unconditional positive regard and respect for your beliefs and values.

Confidentiality:

Anything that is discussed in our session work is confidential and private; however, there are exceptions which are (mandatory reporting requirements) with regards to – current child abuses and any intent to harm self, others or property.

~ If I hear anything that leads me to believe that a child under 16 is at ANY risk, I am legally required to report it to my supervisor and the relevant authorities. However, I would inform you first.

~ If I believe you are at risk to yourself or others, I may inform third parties to prevent this.

~ All of your private notes/files will be locked securely and will be held for seven years after your last session with me. Thereafter, your notes will be appropriately destroyed. Courts may subpoena notes if you are involved in legal matters (which I am required to provide).

Disclaimer:

We would like to remind you that the confidentiality of your private and personal information is of the utmost importance to us. However, please be aware that the outdoor nature of walk and talk therapy (i.e., in public spaces) means that, we cannot guarantee absolute privacy at all times. In addition, there is always a degree of risk involved while walking in nature; therefore, if you have any underlying medical conditions which may compromise your health, please book the in-clinic option. Whilst I have a duty of care for the safety and wellbeing of all clients, you enter the great outdoors at your own risk.

Your Rights:

You may view your notes at any time and can have a copy of them upon request. You may terminate counselling at any point if you feel it is not serving you. You have the right to be informed of relevant services available to you. You have the right to a non-judgemental, private and safe service.

Your case may be discussed anonymously with other mental health professionals including my supervisor.

Please sign to confirm that you have read and understood.

Signed: _____ Date: _____

Counsellor: _____ Date: _____