



Consent for Treatment

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Terms

This document contains important information about the professional services and business policies at Sarah Carr Psychological Services. Please read it carefully and make note of any questions you might have so you can discuss them with your therapist. By signing this document, you agree to the terms listed within.

PSYCHOLOGICAL SERVICES

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the therapist and client, and the particular problems you bring forward. There are many different methods we may use to deal with the problems you hope to address, such as Cognitive Behavioural Therapies (CBT), Solution Focused Therapy, Somatic (body-based) therapist, and trauma-informed body-based experiential therapies. The approach your therapist chooses will be unique to you.

Psychotherapy is *not* like a medical doctor visit. Instead, it calls for a very active effort on your part, similar to the effort and practice involved in learning any new skill. In order for the therapy to be most successful, you will need to work on things talked about during your sessions and complete assigned homework.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. It is not unusual for clients to get worse before they get better as they are processing these difficult experiences and/or feelings. This is especially true for children; it is typical to see a digression in behaviour before improvements are seen.

On the other hand, psychotherapy has also been shown to have significant benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and a significant reduction in feelings of distress.

LIMITS OF THERAPY

1. Therapists cannot typically provide emergency services. All services, including phone consultation, are provided by appointment only. Emergency services should be accessed in your community or by visiting your nearest emergency room. If you need help developing a safety plan for these situations, this may be developed during your therapy session.
2. Therapy will be terminated if there are any verbal or physical threats or acts of violence/harassment towards staff members or their families.
3. You must inform your therapist of any legal involvement you may have at the time of the initial meeting. If you do not disclose this information at the assessment/evaluation stage then we reserve the right to terminate treatment. Should a legal issue arise during the course of treatment, you must notify your therapist as soon as possible. We will not provide court-related services without prior knowledge and agreement.

4. In cases where parents are divorced, we **require** a copy of the Parenting Agreement outlining custody and right to provide consent. Where joint custody requires both parents consent to psychological treatment, both parents will be required to sign a copy of the Treatment Agreement for Psychological Services. We reserve the right to terminate treatment if proper consent is not provided. **Required documents must be brought to your first session for therapy to proceed.**
5. We reserve the right to terminate treatment after *two or more missed or cancelled appointments*.
6. We reserve the right to terminate if we deem therapy to be more harmful than beneficial for the client, keeping in mind that people sometimes become “worse” before they get better.

CONFIDENTIALITY

All information collected is strictly confidential and your privacy is important to us. No information will be released to third parties without your explicit consent, except where required by law or in situations where we are ethically and legally required to disclose information to others without your consent. The reasons a therapist would disclose your information include:

1. When an individual poses potential or threatens to harm to themselves or to others, therapists will act to protect the person(s) in danger by informing police, medical personnel, parents/caregivers, or other relevant individuals who may assist.
2. Suspicion of or risk of child abuse must be reported (counsellors and psychologists are mandated reporters and required to report relevant information to Child and Family Services).
3. Suspicion of adult/elder abuse will be reported (physical, sexual, and/or mental cruelty to anyone over 16 at risk of being abused due to physical or mental disability that impedes their ability to care for themselves).
4. In the event your information is *subpoenaed* by a judge or court of law in the case of legal proceedings, we will turn over your information.
5. If services are being paid by a third-party (e.g. insurance), certain information may be disclosed (e.g. dates/time of service, who was present, fees charged).
6. If services are being provided by court order or for insurance reasons such as Workers Compensation, etc., content of sessions may be shared according to the agreement with your referral source.
7. Your case may be discussed in clinical consultation with other mental health professionals. Clinical case discussion is a standard practice within psychology and ensures you are receiving optimal care. Identifying details are typically omitted from such consultations.

A note for clients under 18 and confidentiality: Although parents/guardians have the right to access their child's file, in order to express themselves freely in therapy children and adolescents need to feel there is a reasonable amount of confidentiality. In most cases, we ask parents/guardians to allow their child this confidentiality in order to ensure they feel able to share confidential information (including drug use, lying, or sexual behaviour) knowing this information will remain confidential unless a significant risk of harm to themselves or to others is revealed.

APPOINTMENT INFORMATION AND FEES

Sarah Carr Psychological Services is a private, fee-for-service clinic which is not government funded. As such, clients are billed for all work performed on their behalf. The following describes fees and rates for services:

1. Rates for therapy sessions are as follows:
 - a. \$210 per 50 minutes for individual session with a Registered Psychologist

- b. \$120 per 50 minutes for individual session with Counselling Therapist
 - c. \$60 per 50 minutes for Masters of Counselling/Psychology Student
 - d. \$260 per 50 minute session for sessions involving the legal system
 - e. \$80 per 50 minutes for group sessions
 - f. Assessments range from \$750 to \$3600 depending on needs (a typical mental health diagnosis costs \$2000, while psychoeducational assessments, forensic assessments and IMEs typically cost \$3600)
2. Rates for other services are as follows (unless otherwise specified):
 - a. \$52.50 for letters confirming attendance to therapy and for brief letters supporting withdrawal from educational programs or employment (fee applies if provided outside your appointment time)
 - b. \$210 per hour for file reviews, case summaries and other similar services
 - c. \$260 per hour for services performed for legal reasons
 3. Sessions are fifty (50) minutes total with ten (10) minutes for file review and note taking. Sessions running more than fifty minutes will charged the prorated hourly fee to the nearest 15 minutes.
 4. Cancellations made with more than 24 hours notice will not be charged. Cancellations with less than 24 hours notice will be billed at 50% session rate. No-shows will be billed at 100% session rate. These fees are not typically paid for by insurance and will have to be paid before your next session.
 5. Clients are responsible for coming to sessions on time; if you are late, we will end on time and you will be charged the full amount.
 6. When schools in the area are closed due to weather or unforeseen circumstance your appointment will be cancelled. If you are scheduled at 9am and school is delayed by one hour, your appointment may be cancelled or delayed.
 7. We accept cash, debit, credit card and e-transfers.
 8. If some services are being paid by an alternate sources (e.g. Department of Health, Justice Canada, cost-sharing between divorced parents, costs of reporting to the courts or others), clients must provide in writing: 1) Confirmation of the payment arrangements including name and address of third-party payer; and 2) Consent to contact the third-party payer. Payments not received within thirty (30) days will be the responsibility of the client (or consenting parent/guardian) and will need to be paid for treatment to continue.
 9. Record keeping requirements make it necessary to log every contact. A minimum fee of \$50 will be charged for each telephone call and email contact to your therapist outside your scheduled appointment.
 10. We work by appointment only. If you would like to provide updates or receive feedback, an appointment is needed or arrangements may be made to provide feedback by phone or in writing. All contact with your therapist will be billed. Your therapists hourly fee will be prorated according to contact length and the total will be added to your account.
 11. Fees will be charged for all work performed including services such as telephone calls, emails, correspondence, meetings (in person or by phone) with parents, children and third parties (e.g. doctors, social workers, parole officers, teachers, guidance counsellors), travel time, document review, and preparing and drafting treatment summaries. All disbursements shall be charged including testing materials, long-distance telephone charges, parking, other travel expenses, photocopying, faxing, courier charges, postage, and taxes.
 12. Regular statements of the account detailing the date, service, time and hourly rate shall be provided. Insurance companies may not cover all of the services, although they do vary. Clients are responsible for inquiring which services their insurance provider will cover.
 13. Appointments should be scheduled or rescheduled by contacting the administrative assistant during business hours at (902) 367-4722 or CarrPsychological@gmail.com or by using the Owl Practice Client Portal. Angela is also available to answer general questions regarding our services. Contact with with my administrative assistant will not be billed in most cases.

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I have read this document and have had sufficient time to be sure that I have considered it carefully and understand it. I agree to abide by its terms during our professional relationship. Please check here to indicate that you have read and understood the above.