



Consent for Counselling and Confidentiality Agreement

Thank you for allowing me the opportunity to help you reach your counselling goals. Please read the following pages carefully and ask about anything that is unclear. Your signature at the end will indicate that you have read and understood the information, and that you agree to the terms of payment and service.

My Qualifications

At this time, I have a BA in Psychology as well as a MSc in Psychology, with an emphasis on stress, trauma and sex therapy. I have also attended the JIBC's program in Complex Trauma, among many other supplemental trainings, including (but not limited to) Level 1 and Level 2 Emotional Freedom Technique (EFT Taping), Cognitive Behavioural Therapy, Critical Incident Stress Management, Holistic Health Coaching, Understanding Emergency Worker Trauma and Understanding Firefighter Culture & Trauma. Should either party identify that more comprehensive services are needed throughout this counselling relationship, services may be ended by either party with appropriate referrals to be made by this provider.

Counselling Relationship

It is my hope that we will work together as a team. You are your own best expert pertaining to the life you live, and I bring knowledge and experience about the counselling field. It is my expectation that you will be actively involved in this process as you work toward your counselling goals. It is often the case that clients find it beneficial to practice skills and reflect upon session information between meetings. For this reason, I may assign homework assignments to maximize the effectiveness of the work we are doing together. I encourage your input in determining what will be most useful for you to do between sessions.

Session Format

Sessions are typically 50 minutes long, and will be completed by video or by telephone at the client's preference.



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During the sessions I will do one or more of the following:

- listen to your concerns and allow you to express your feelings
- help you to identify your strengths and resources
- help you to set goals and develop concrete action plans for managing or overcoming the obstacles to your well-being;
- help you to identify the thoughts, feelings, behaviors, or circumstances that are interfering with you meeting your goals;
- use a specific intervention that is appropriate to your goals;
- conduct formal and informal assessments to measure your progress and enhance motivation;
- suggest some reading or writing assignment to help you gain insight into your concern;
- give a homework assignment to be completed between sessions.

Client Rights

You have the right to ask questions about my treatment methods so you can make **informed decisions** about what methods are most suitable for you. You have the right to stop therapy if something about it is not working for you. If this should happen, I would appreciate your feedback about what is not working for you. I may be able to suggest alternate resources. You have the right to ask for a referral if that would be in your best interests.

Risks Related to Counselling

Counselling involves a degree of risk. You may experience uncomfortable emotions as you talk about the issues that are concerning you. Sometimes, counselling involves talking about unpleasant aspects of your history. Counselling is focused on facilitating change according to the goals you set. Any change (even good change) can affect a person's established system. You may be met with some resistance from other people in your life as a result of the changes you make. We will make every effort to prepare for and minimize these risks to the best of our ability, however I invite you to share openly your experience throughout the counselling process so that we can best manage situations as they arise.

Confidentiality

What you disclose during the therapy sessions is kept in strict confidence. I keep session notes in a locked filing cabinet and only I have access to them. Digital files and electronic client data are kept in secure password safe locations. There are, however,



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limitations to the full extent that emails and electronic mediums can be completely confidential, and clients are advised to be aware of this when using these means of communication.

If you and I determine that it would be helpful for me to share information about your progress with someone else (e.g., your physician), then I will ask you to sign a form that gives me permission to release and/or request information.

Couples who share information in individual sessions are able to request that such information is kept confidential as long as it does not jeopardize the integrity of ongoing couples counselling.

Exceptions to Confidentiality

- If you threaten to harm or kill yourself or someone else and I believe your threat to be serious, I am ethically bound to warn your family, the authorities, or the person you have threatened.
- I am ethically and legally bound to report to the appropriate authorities any abuse (physical, sexual, emotional, or neglect) of a child currently under the age of 18 years. This law is designed to protect children from harm and requires that *all persons* report confirmed or suspected cases of child abuse to the proper authorities.
- If you are involved in litigation of any kind and you inform the Court that you are in counselling, you may be waiving your right to keep your records confidential. If the Court subpoenas my files, or me, I am obligated to appear and to answer questions.

Communication between a client and a counsellor is *not* considered privileged communication.

Fees

The fee for individual sessions is \$150; sessions that are offered to couples are \$175. Taxes are included in this price. Fees may be paid by e-transfer or card as discussed with this practitioner (info@fraservalleysextherapy.com) **PRIOR** to the session beginning.



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Cancellations and Missed Sessions

I prefer 48 hours' notice to accommodate the waitlist (this benefits everyone) except for within extreme circumstances on a case by case basis. **If you miss an appointment without notice or cancel a session with less than 24 hours notice, you will be charged the full fee for that session.**

Stopping Counselling

In starting counselling, you begin a goal-focused process that has a beginning, middle, and end. It is recommended that stopping counselling be planned for and discussed with the counselling provider. It is your right to end services at any time should you feel this support is not in your best interest. Service provider may also end a session or refuse service provision at any time should they deem fit. This could include, but is not limited to, inappropriate conduct, continued missed appointments, or an inability to cultivate a therapeutic alliance.

Agreement

By signing this form, I understand that at least 24-hour notice needs to be given to change or cancel an appointment. I agree to participate in the counselling process with Shauna Burns-Thomson and understand that the counselling process is collaborative in nature. I understand that information about me is confidential and I understand the limits to confidentiality.

I agree to pay for missed sessions and short-notice cancellations plus any applicable fees, and understand that my credit card, if on file, will be charged for the service fee plus any additional fees.

I have read, understand and agree to the information on this form.

Client Name (printed) _____

Client Signature _____ **Date:** _____

Counsellor Signature _____ **Date:** _____