

Informed Consent (Minor / Adolescent)

PLEASE READ THIS CAREFULLY

Prior to beginning treatment, it is important for you to understand my approach to child therapy and agree to some rules about your child's confidentiality during the course of his/her treatment. According to the Canadian Professional Counsellor's Association (CPCA), I am legally and ethically responsible to provide you with information so that you can give informed consent for treatment.

Policy Regarding Consent for the Treatment of a Minor Child

Therapists generally require the consent of both parents and/or legal guardian(s) prior to providing any services to a minor child. If any question exists regarding the authority of Representative to give consent for counselling, the Therapist will require that Representative submit supporting legal documentation, such as a custody order, prior to the commencement of services.

Therapist Background, Qualifications, and Theoretical Orientation

I am a Registered Professional Counsellor (RPC), A Master Practitioner in Clinical Counselling (MPCC), and a member of the Canadian Professional Counsellors Association (CPCA). I am a certified Gottman Method level I Couples Therapist, a certified Premarital Counsellor by Enrich Canada, and a certified Leveling Prayer Counsellor. I have received training in Traumatic Incident Reduction (TIR) Therapy and in Hope Alive Level I Counselling.

Lastly, I have many years of experience in individual and in group counselling, which I have assisted individuals, couples, families from diverse cultural and social economic background to address various issues such as, but not limited to, interpersonal and/or marital relationships conflicts, addiction, trauma, depression, anxiety, anger, and life transitional issues. I am the Group Counsellor for the Diploma, Counselling Program (CNS) at Pacific Life Bible College (PLBC). Furthermore, I am one of the Contract Counsellors at the Door of Hope Counselling Clinic, Inc.

Confidentiality with children under 19 years of age

When working with children under the age of 19 years old, the issue of confidentiality is often complicated and needs to be discussed, understood by all, agreed upon, and respected. In order for children and teenagers to feel safe and be able to identify and discuss areas of worry, issues, fears, and anxieties, they must feel a sense of privacy and some control about the information they decide to share. It is often necessary then for children to develop a "zone of privacy" whereby they feel free to discuss personal matters with greater freedom. This is particularly true for adolescents who are naturally developing a greater sense of independence and autonomy. Thus, my first responsibility is always to honour and respect the child or adolescent's confidentiality. Confidentiality and a trust-relationship are crucial to successful and positive outcomes in counselling work with children and youth. At the same time, I understand there may

be types of information that would be important for the parent(s) or guardian(s) to be made aware of in helping them to better understand and support their child or teenager. I will seek permission from the child / teenager to share relevant themes or details where it seems in their best interest to do.

If your child is an adolescent, it is possible that he/she will reveal sensitive information regarding sexual contact, alcohol and drug use, or other potentially problematic behaviours. Sometimes these behaviours are within the range of normal adolescent experimentation, but at other times they may require parental intervention. We must carefully and directly discuss your feelings and opinions regarding acceptable behaviour. If I ever believe that your child is at serious risk of harming him/herself or another, I will inform you.

Limits of Confidentiality

You should know that there are certain situations in which I am required by law to reveal information obtained during counselling to other persons or agencies without your permission. Also, I am not required to inform you of my actions in this regard. These situations are as follows:

- a. If you and/or your child threaten grave or bodily harm or death to self or another person.
- b. If you and/or your child are suicidal.
- c. If you and/or your child reveal information relative to child abuse, child neglect, or elder abuse, I am required by law to report to the appropriate authority.
- d. If a court of law issues a legitimate court order (signed by a judge), I am required by law to provide information specifically described in that order.
- e. If you and/or your child are in counselling by order of court of law, the results of the treatment ordered must be revealed to the court.
- f. If you are seeking payment through an insurance company, I may be required to reveal confidential information to them (each insurer is different).

Benefits and Risks of Therapy

A minor Client will benefit most from counselling when his/her parents, guardians or other caregivers are supportive of the therapeutic process. Counselling is a process in which the Therapist and Clients, and sometimes other family members, discuss a myriad of issues, events, experiences and memories for the purpose of creating positive change so Clients can experience his/her life more fully. It provides an opportunity to better, and more deeply understand oneself, as well as, any problems or difficulties the Client may be experiencing.

Counselling is a joint effort between the Client and the Therapist. Progress and success may vary depending upon the particular problems or issues being addressed, as well as many other factors. Participating in therapy may result in a number of benefits to the Client, including, but not limited to, reduced stress and anxiety, a decrease in negative thoughts and self-sabotaging behaviours, improved interpersonal relationships, increased comfort in social, school, and family settings, and increased self-confidence. Such benefits may also require substantial effort on the part of the Client, as well as his/her caregivers and/or family members, including an active

participation in the therapeutic process, honesty, and a willingness to change feelings, thoughts and behaviours. There is no guarantee however that therapy will yield any or all of the benefits listed above.

Participating in therapy may also involve some discomfort, including remembering and discussing unpleasant events, feelings and experiences. This discomfort may also extend to other family members, as they may be asked to address difficult issues and family dynamics. The process may evoke strong feelings of sadness, anger, fear, etc. There may be times in which the Therapist will challenge the perceptions and assumptions of the Client or other family members, and offer different perspectives. The issues presented by the Client may result in unintended outcomes, including changes in personal relationships. During the therapeutic process, many Clients find that they feel worse before they feel better. This is generally a normal course of events. Personal growth and change may be easy and swift at times, but may also be slow and frustrating. The Client should address any concerns he/she has regarding his/her progress in therapy with the Therapist.

One risks of child therapy involves disagreement among parents and/or disagreement between parents and the Therapist regarding the best interests of the child. If such disagreements occur, I will strive to listen carefully so that I can understand your perspectives and fully explain my perspective. We can resolve such disagreements or we can agree to disagree, so long as this enables your child's therapeutic progress. Ultimately, you will decide whether therapy will continue. If either of you decides that therapy should end, I will honor that decision. However, I ask that you allow me the option of having a closing session with the child to appropriately end the treatment relationship.

Extraordinary Consent

Extraordinary consent is required when there is a dual relationship present. If this is the case, the client acknowledges the dual nature of the relationship as both personal and professional. The advantages and disadvantages of this reality have been discussed with the therapist and it is the client's choice to pursue therapy in this circumstance. **INITIAL:** _____

eTherapy

eTherapy includes the practice of mental healthcare delivery, consultation, treatment, transfer of medical data and education using interactive audio, video or other data communications. The client understands that eTherapy also involves the communication of their medical/health information, both orally and visually, to healthcare practitioners. In addition, eTherapy involves the transmission of data electronically and although every precaution will be employed to protect the client's information, the Purposeful Living Counselling Clinic cannot guarantee confidentiality. **INITIAL:** _____

Professional Consultation

Professional consultation is an important component of a healthy counselling practice. As such, Therapists regularly participate in clinical, ethical, and legal consultation with appropriate

professionals. During such consultations, Therapists will may or may not reveal any personally identifying information regarding the Client's family members or caregivers.

Records and Record Keeping

Therapist may take notes during session, and will also produce other notes and records regarding the Client's treatment. These notes constitute the Therapists clinical and business records, which by BC law, Therapists are required to maintain. Should the Clients or legal guardians request a copy of the Therapists records, such a request must be made in writing. The Therapist however, reserves the right to provide the Client or Representative, with a treatment summary in lieu of actual records. The Therapist also reserves the right to refuse to produce a copy of the record under certain circumstances, but may, as requested, provide a copy of the record to another treating health care provider. The Therapist will maintain Client's records for ten years following termination of therapy, or when the Client is 19 years of age. However, after ten years, the Client's records will be destroyed in a manner that preserves the Client's confidentiality. You should also know that counselling is most effective when a trusting relationship exists between the Therapist and the Client, as well as, between the Therapist and the child's Representative. Thus respecting your child's confidentiality in those records most likely will benefit the therapeutic process of your child.

Fees and Length of Counselling

1. The standard fee for individual counselling is \$135 and \$150 per couples and family therapy per 50-minute session. If we agree to longer sessions, I will be charged accordingly.
 - a. I agree to pay \$ _____ per 50-minute session.
 - b. Payment is due at the time of each session, and no balance will be carried.
 - c. I am responsible for submitting the necessary documents to my insurance company to receive reimbursement of fees paid.
2. A **24-hour** notice is required for cancellation of a schedule session. If I do not meet this requirement, I agree to pay the full session fee. I understand that this will be my responsibility, not that of the third-party payer.
3. If I need to cancel an appointment, I should call **604-379-4040**. I may leave a voicemail message on this line. If I need to contact Ivana Redmond, I can do so by sending a text to **604-379-4040** or email her at ivana@doorofhopecounselling.com.
4. If the client arrives late for his/her scheduled session, the client/legal guardian(s) will be responsible to pay the full counselling session fee even though the session has been shortened due to the late arrival of the client.

Emergency Procedures

This Counselling service we offer is a private practice that does not provide 24 hour crisis service. If you or your child is experiencing a psychiatric emergency/ emotional crisis, please

call 911, present yourself or child to your closest hospital, or call the relevant crisis lines listed below:

Greater Vancouver	604-872-3311
TTY	1-866-872-0113
BC-Wide	1-800-SUICIDE (784-2433)
Seniors' Distress Line	604-872-1234
Mental Health Support (BC-wide)	310-6789

You can also try online distress services as listed below:

Online Service for Youth	www.YouthinBC.com
Online Service for Adults	www.CrisisCentreChat.ca

Process for Addressing Concerns

If you have any questions or concerns about any aspect of treatment you are encouraged to discuss them with me so together we can define, clarify, and find a resolution to your concerns. If at the end of our conversation you still have some serious concerns, you can be provided with the information you need to further address these issues with an appropriate third party.

I / We have read and understand the information that has been presented to me in the Informed Consent for Minors.

If the Client is under 12 years of age only the legal guardian(s) or parental consent signature is required (BOTH parents in the case of a joint custody arrangement). If the client is over the age of 13 both the legal guardian(s) or parental and the adolescent will be required to sign the Minor Informed Consent Form.

If additional children are participating in counselling in terms of family work, please list them below:

Names of children	Date of Birth
1. _____	_____
2. _____	_____
3. _____	_____

_____	_____	_____
Parent / Guardian Name (Print)	Parent / Guardian Name (Signature)	Date
_____	_____	_____

Parent / Guardian Name (Print)

Signature

Date

Client between the ages of 13 and 18 (Print)

Signature

Date