

Agreement for Services and Informed Consent  
Dayamí Fernandes CCC # 10001318

As we start our work together, it is important that you are aware and understand our services. This form will provide you with detailed information, please read it carefully, sign it and bring it to the office on your first visit. I am a Canadian Certified Counsellor. Additionally I am a Registered Counselling Therapist (pending creation of the College of Counselling Therapists of Alberta in the fall 2020). Currently, I am under the supervision of Registered Social Worker Donna Marie Perry, (RSW#5546).

**Counselling Services**

You are entering a therapeutic alliance. Generally, therapy aims to change aspects of your life that are not longer working for you. We will work to improve your mental health in general and to address the issues; which brought you to counselling. While in therapy you might feel vulnerable, this is more than normal a desirable outcome. Our sessions are a safe space for your to show up and be accepted just the way you are. You will also be held accountable for the decisions you make that are in conflict with the way you want to live. I might challenge some of your assumptions, current believes, thoughts, coping/defence mechanisms, etc., or I may propose that you look at your current situation from a different perspective. Please understand that resolving issues that brought you to therapy might also bring changes in other areas of your live, even when they were not the reasons that brought you to therapy. It is important that at every step of the way you feel aware and responsible for those changes, although it might not feel comfortable or normal at times. Psychotherapy may result in changing behaviours (intended or unintended), changes in employment, relationships, etc. Change sometimes is easy, but other times it may take more effort and time. Regardless of the time, I will be here to support you and provide you with the space you need. This is a unilateral alliance, as in what ever we discuss and do in session should be to serve you and with your best interest at the forefront. As a client, you have the right to be informed of the types of interventions or therapeutic approaches your counsellor uses and/or recommends. You also need to understand that those treatments or interventions are based on your current needs for change; and as those needs change so will the approach to therapy. You will be informed of the new interventions and/or approaches used during sessions, as homework or as reflection.

**Confidentiality:**

All interactions between counsellor and client are kept confidential. This interactions include, but are not limited to, booking of appointments, types of services rendered, content of sessions, records, content of files, disclosures, etc. In the province of Alberta and in Canada however, counsellors have the obligation to break said confidentiality in the following instances:

- When disclosure is required to prevent clear and imminent danger to the client or others
- When legal requirements demand that confidential material be revealed to the court
- When a child or other vulnerable members of society are in need of protection

Please initial the space provided to state your understanding of this clause.

Initials \_\_\_\_\_

**Supervision**

As your counsellor I am obliged to be supervised by a registered supervisor. It is also possible that I would consult with other professionals in a supervision group setting. These consultations are for training purposes ONLY and to guarantee that you are provided with the best care possible. Please know that in those cases, your name and/or other personal details will not be revealed to the supervisor or other professionals mentioned above.

**Payment**

A regular individual counselling session runs for about 50 minutes. You have the responsibility to pay **\$100** dollars for each session. If the session was to extend past this time, the fee above mentioned will be adjusted to reflect the duration of the session.

You also have the responsibility to inform your counsellor when you will not be able to make it to an appointment, and be respectful of her and your time. When a session is canceled with less than 6 hours notice you will be charged 50% of the cost of the session (\$50).



If you agree with the terms described above and consent to receive treatment from Dayamí Fernandes, Conscientia Counselling, please initial where appropriate and sign below

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Client's name and last name

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Client's signature

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Date

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Counsellor's signature