

Fraser River Counselling

AGREEMENT FOR COUNSELLING & INFORMED CONSENT FOR ADOLESCENTS

Making Counselling Work

Thank you for contacting Fraser River Counselling about counselling services. In your first session, your counsellor will discuss the concerns that brought you to counselling. Sessions last 50 minutes and are offered at \$20 per session for a first year student and \$40 per session for a second year student. In order for counselling to be successful, it is essential that you attend sessions, make a sincere effort to work on the issues being addressed, and follow through on activities between sessions. If for any reason you cannot attend a scheduled session, please call at least 12 hours in advance and leave a message on the FRC message system (604-513-2113). If you miss three consecutive sessions, we will assume that you do not wish to continue with counselling at this time.

If there is an emergency between sessions, please contact your physician, your local hospital emergency, or the Vancouver Crisis line at 604-872-3311.

Confidentiality

One of the most important rights the person seeking counselling has involves confidentiality. Information revealed by you during counselling will be kept strictly confidential and will not be revealed to any other person or agency without your written permission, with the following exceptions:

- Counsellors need to consult with other colleagues from time to time in order to gain assistance and insight in providing quality, helpful services. For example, your counsellor receives professional supervision from a qualified supervisor, who discusses cases and makes suggestions for interventions.
- According to provincial law, confidentiality has some legal limits as well. There are some situations where a counsellor can be required to reveal information obtained during therapy to other persons or agencies without your permission. These situations involve danger to self, danger to others, and child abuse. In addition, counsellor notes on sessions can be subpoenaed in a court of law.
- We also ask that in the event of a medical, psychiatric or psychological emergency (e.g. suicidality, psychotic break, etc.), you allow your counsellor to contact your family physician and/or psychiatrist in order to offer more support.

Team Approach

Fraser River Counselling is a service provided by Graduate Students in the Counselling Psychology Program at Trinity Western University. Because we believe very strongly in the team approach to counselling, it is our practice to ask each client to give permission to record (in a secured format) and to allow counselling sessions to be observed by the supervisor and/or practicum team. In the event that the recordings are transported between sites they will be transported and stored in a locked and secure manner. The recordings are used to help your counsellor become more effective. Your counsellor will meet regularly with the supervisor who may view portions of a recording, in order to give feedback.

In the case of a medical, psychiatric or psychological emergency, I authorize my FRC counsellor to contact my family physician and/or psychiatrist in order to exchange:

- verbal information and/or
- written information related to my well-being.

In the case of emergency, I also authorize Fraser River Counselling to contact the below emergency contact person:

Name: _____ Phone number _____

I have read, understood, and agree to accept counselling services as described here.

Date: _____ Client: _____
(print name) (sign name)

Date: _____ Witness/Guardian: _____
(print name) (sign name)

**Note: One copy goes to client; one copy for clinical file.