



ABN 90 881 602 269

Creative Counselling & Coaching

Exploring Authentic Positive Pathways Forward

Gregory Jones – Counsellor & Coach

PACFA Reg. Provisional 25866

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Counsellor Information and Consent Form (2021)

My name is Gregory Jones and I am pleased that you have selected me as your counsellor. This document is designed to inform you about my background and to ensure that you understand the service I am providing.

I am a qualified strengths-based Counsellor and Coach graduated from the Australian College of Applied Psychology in July 2019, compliant with ethical standards which informs my current registration as a Provisional Member of the Psychotherapy and Counselling Federation of Australia (PACFA), of which also includes comprehensive Master Policy insurance.

Approach to counselling

I do not see myself as “the expert” with all the answers. Rather, I see my role in collaborating with you in order to seek solutions for you and to help you work towards your authentic goals.

Some therapeutic approaches that may be used in session may include, and are not limited to: Strengths-Based and Solution-Focused Therapy, Guided Imagery, Music and Art Therapy, Mindfulness-Based Therapies, Motivational Interviewing, Play Therapy and Psychodrama. These modalities specialise in areas of mental health which includes anxiety, depression, low self-esteem, communication issues, social skill building, stress, LGBTIQPA+ issues and Careers Counselling.

This is a paid service and you may end our counselling relationship at any point. If you choose to discontinue our sessions I will support you in this decision. Circumstances may arise where in the best interests of you, the client, a referral to another professional may be advisable. I will discuss such a development with you should the need arise. This collaborative approach may extend to other people in your life, and there may be occasions when it is appropriate to include others in the sessions. This will be negotiated with you.

Are there any Risks:

During the course of counselling you might experience strong emotions and significant changes in the way you are in your relationships with other people. Your changing approach to the world and other people can change the way you choose to be in existing relationships (e.g. with partners, family members and friends).

Records and Confidentiality

I maintain brief notes about factual aspects of our counselling sessions, and I will keep confidential anything you say to me. I may break confidentiality under the following circumstances:

1. You direct me to tell someone else;
2. I determine you are in danger to yourself or others; or
3. I am ordered by a court to disclose information.

Note: I may discuss your case during professional supervision, however, I will not use any identifiable information so your identity will remain strictly confidential.

Your role

It is essential that you attend your appointments on time, preferably 5 minutes early. In your appointment it is helpful that you are open and honest with me as your counsellor about yourself and your relationships, and that you actively work towards your goals between sessions.

If your counselling is not going as you think it should, then please raise this with me. If you feel that you may want to end your counselling sessions, it can often be beneficial to commit yourself to attend at least one more session and to openly share your feedback. This kind of “final” session can often lead to the breakthrough you are looking for.

Structure and Responsibilities:

I will be able to provide short-term counselling with a maximum of six (6) sessions. In some instances, counselling may be required for an extended period, and this will be negotiated with you should the need arise. I will talk to you about whether you would like to link with another professional for ongoing support once our sessions end.

You will be invited to commit to a series of regular sessions in which you can expect to discuss current conflicts and obstacles, clarify your goals for the future, and start working together to achieve your shared and individual relationship goals.

Appointments may be rescheduled if I am informed at least one (1) working day before the date of the scheduled appointment. I understand at times things can happen unexpectedly, however, please notify me as soon as possible if you are unable to attend your appointment. **Any cancellations of appointments less than 24 hours before the scheduled session occur a \$50 cancellation fee, which must be paid before another session is booked.**

If you miss two (2) consecutive appointments and have not contacted myself about this you will be contacted via phone and will have seven (7) days to return contact. If you have not contacted me within this time our appointments will cease.

Service Fees

Commencing from January 1st 2021, all counselling sessions are set at the fixed rate of \$100.00 per hour. Coaching sessions are set at \$50 per half hour. As this service is not expected to reach the Goods and Services Tax (GST) Threshold of \$75,000 or more for gross income in this financial year of operation, there will be no GST added to this service.

Consent

By signing below you are indicating that you have read and understood this statement, and that any questions you have had about this statement have been answered to your satisfaction.

By signing below you are also indicating your permission for me to securely store your personal details and records for the purposes of administration, and communication.

(Counsellor name)

(Client name)

(Counsellor signature)

(Client signature)

Date: _____

Date: _____

Thank you for taking time to read and understand my counselling approach, including risks, records and confidentiality, your role, structure and responsibilities as well as an outline of service fees applicable. I look forward to working with you as your counsellor soon.

**Gregory Jones – Creative Counselling & Coaching (GDCCS)
BCounsCo PACFA Reg. Provisional 25866**

