

## CONSENT TO TREATMENT

Informed consent is an important step in the beginning of your work with a psychologist, and involves being provided information about the services that will be delivered, your rights as a client, the risks and benefits of proceeding with psychological intervention, and the cost and fee structures for services. Please do not hesitate to ask any questions about any aspect of the information included below or discussed during informed consent.

### Consent for Treatment

The goal of psychological intervention is to identify the specific areas of concern that you wish to address, and to create a treatment plan to address those areas. In order to accomplish this, background information regarding the areas of concern, as well as a general history will be taken. You are not required to share any information that you do not wish to, and you can withdraw from treatment at any time. Any significant changes to the treatment plan will be discussed with you for consent before implementation. If at any point you have concerns about how treatment is progressing, please discuss these with me so that we can work together to maximize your benefit from our sessions. If you feel that I am not the best person to work with you, I am happy to assist you by making appropriate referrals to another therapist.

While there are significant benefits that can be gained from working with a psychologist (e.g., reduced or eliminated symptoms, improved self-esteem, relationships and quality of life, or the attainment of personal goals), there are also potential risks involved. These include the initial discomfort of speaking with a stranger about your personal concerns, dealing with sometimes painful emotions, experiences or situations, and the possibility that treatment will not lead to the outcome(s) you had hoped for. For these reasons, it very important that you try to be as open with me as possible, so that we can evaluate in an ongoing way the effectiveness of treatment.

### Consent for the Costs of Services

The fee for psychological intervention is \$115.00/hour unless other arrangements have been made. Payment is due at the end of each session; methods of payment include cheque or cash. You will be provided with an invoice that you can submit to your insurer (if applicable) for reimbursement, include as a medical expense on your tax return, or retain for your records. If you need to cancel an appointment, 24 hours notice is required; if such notice is not provided, a flat fee of \$50.00 will be charged. Most insurance companies will not reimburse you for fees paid for missed appointments. Failure to make payment for psychological services may result in your account being forwarded to a collection agency; in such a case, only a client's name, contact information, and amount owing may be shared with a collection agency.

### Consent for Collection of Personal Information

In order to provide you with psychological services, I will need to collect some personal information from you such as your date of birth, home address and telephone number. You have been provided with my Privacy Statement, which outlines my policies for the collection, use and disclosure of personal information, steps I take to protect your personal health information, and your right to review my records of our work together. Please do not hesitate to ask me any questions you have about my Privacy Policy at any point. Confidential information will not be released to outside sources without your written consent, except as required by law.

I have reviewed this consent form and have had the opportunity to ask questions regarding consent to treatment, billing, and collection of personal information. I consent to proceed with psychological intervention.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_