

Adrie-Anne Gamble, MA, CCC, CPC

Canadian Certified Counsellor

reginacounselling.com

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INFORMED CONSENT

Experiencing crisis and trauma in my own life is what sparked my passion to pursue a career in counselling. As a counsellor I have been able to facilitate restoration in the lives of others; and as a counselee, I have experienced healing and recovery in my own life. Hope is what drives my passion to support others. There is hope and a way through, even in the most difficult times. Regardless of your circumstances, or beliefs you are unconditionally accepted here.

My goal is to offer a caring and safe place where you can share your concerns and find support, compassion and hope. I will do my best to understand your situation and offer guidance, resources, and tools to help you move closer towards your goals. If I do not have the skills and experience to provide the support you need, I will assist you in finding another qualified counsellor.

COUNSELLING APPROACH

I offer a holistic, integrative approach to therapy. I view problems and symptoms as being connected with the physical, mental, social, emotional and spiritual aspects of who we are. I explain helpful elements of various therapeutic approaches and together we design a plan that feels right for you. We work on the areas you want to work on. You set the pace as to how quickly we progress.

Each counsellor works from his or her own understanding of life. This means that a counsellor's worldview will influence his or her approach to counselling based on what they believe. Therefore, it is important to me that clients know I counsel from a Christian perspective.

This does not mean that I will push my beliefs on you; nor do you need to be Christian for us to work together. I believe all people are worthy of love and respect regardless of beliefs, problems or circumstances. I am trained to use a variety of counselling methods which are helpful to all people regardless of beliefs. My goal is to meet you where you are at and work with you through the presenting issues that you are struggling with. At the same time, please be prepared to receive counselling from someone who works from a Christian worldview. If at any point you become uncomfortable with this, please let me know.

QUALIFICATIONS

I have a Master of Counselling Degree from Briercrest. I am a Canadian Certified Counsellor #10001293 with the Canadian Counselling and Psychotherapy Association. I am also a Certified Professional Counsellor #20180221 with the Professional Association of Christian Counsellors and Psychotherapists. I have taken additional training in CBT, EMDR and EFT and continue to study in the areas of trauma, dissociation and building healthy relationships.

CLIENT RESPONSIBILITY

Your responsibility is to come to your booked sessions and talk about what is bothering you as openly as you can. My role is to provide insight, guidance, support and help you learn to solve problems, rather than solve them for you. Benefiting from therapy requires work on your part. If you attend counselling an hour a week and don't give it much thought until the next session, you likely won't get the results you're looking for. By completing homework, practicing skills, and trying any recommendations between sessions, you'll get the most out of your investment. Practicing new skills may cause you to feel stretched or challenged, but with commitment and practice, I hope you will enjoy successful outcomes!

DURATION OF THERAPY

How long does therapy take? The answer to this question varies depending on the issue you are wanting help with. Sometimes things can improve in as little as a session or two. However, this is not always the case. For example, in cases of complex trauma, therapy may require long-term treatment. **An important part of therapy is discussing your expectations, availability, and financial resources.** This includes what you hope to see in terms of, frequency and number of sessions, and goals. Please let me know what you feel most comfortable with.

Please let me know areas you are finding helpful, or unhelpful or would like to see changes. It's important to me that you have the best experience in our sessions. I hope you feel comfortable to let me know if at any point an approach is not working for you. I will do my best to modify my approach where possible or work with you to find support that is more suitable.

POTENTIAL BENEFITS

Major potential benefits of therapy include: a) a greater capacity to cope and connect with those close to you. b) a greater understanding of your goals and values that can lead to increase in sense of fulfillment. c) new perspectives on problems, root causes and new solutions. d) increased self-awareness. e) increased quality of life. f) sense of clarity and renewed hope for the future. g) probable outcomes resulting from resolving specific concerns brought to counselling

POTENTIAL RISKS

In working to achieve the potential benefits you may experience a) significant discomfort. b) Seeking to resolve problems can similarly lead to discomfort as well as relationship changes that may not be originally intended. c) The therapeutic process may precipitate a crisis in client's life. d) the client may come feeling relatively comfortable and leave feeling annoyed, tired, upset, or vulnerable and defenseless following a session. e) exposed personal conflicts can cause pain and lead to a new self-awareness that is difficult to process. f) Outside life may be altered in such a way that family members have adverse reactions to the change.

Therapy is hard work. There is no magic bullet (I wish there were). I cannot solve your problems for you, but I can help you to create solutions and/or guide you through the process of growth and healing. Therapy is hard work, but worth the investment. Sessions can reduce the amounts of distress and/or improve relationships and or resolve specific issues. Experiencing uncomfortable feelings and discussing unpleasant situations are considered risks of therapy. My job is to help you identify goals and develop plans to reach them. Your job is to decide what plans will be useful to you and carry out these plans as you see fit.

MY AVAILABILITY

The boundaries I have for contact outside of sessions will vary depending on individual need. Please contact me at (306) 540-5841 or email a.gamble@sasktel.net for these reasons:

- To make, change or cancel appointments.
- Provide feedback about your session(s).
- In the event of a crisis call **Mobile Crisis** at 306-757-0127. If an **Emergency call 911.**

CONFIDENTIAL RELATIONSHIP

As your counsellor, I am unable to have a social relationship with you outside of our sessions. If we see each other in public, I will not initiate contact or conversation unless you initiate it. This is standard practice that all counsellors are required to follow to protect the healthy boundaries and confidential nature of the therapeutic relationship. This ethical code protects your privacy and confidentiality.

CONFIDENTIALITY

All documents and discussions that take place in our sessions are confidential. This information cannot be shared with another party without your written consent or the consent of a minor's legal guardian.

The exceptions are as follows:

- If you have plans/intentions to harm yourself;
- If you have plans/intentions to harm another person;
- In the event of child abuse, or a child is in danger of being abused;
- In the event of the clients death, the spouse or parents have a right to access the clients records;
- In the event of a legal proceeding or court order;
- Prenatal exposure to controlled substances;
- Clinical confidential supervisory consult.

LEGAL/REPORTS

I do not issue legal letters or reports.

Should I become involved in legal proceedings, my regular hourly fee applies to all time spent including preparation, travel, and compensation for missed bookings. During any legal proceeding it is my ethical duty to speak truthfully regardless of whether that information is helpful or damaging to your position.

FEES

\$110.00 per 1 hour session (individual). Payment Types: Cash, Credit or E-transfers (E-transfers **if received prior to the session**).

I do not directly bill insurance companies. This means you are responsible to pay for the cost of your session and submit your receipt for re-imburement. Not all plans are consistent and will cover the cost of my services. It will be your responsibility prior to your first visit to contact your provider to ensure you have coverage for my services, specifically counselling provided by a Canadian Certified Counsellor with the CCPA.

Payment is due at start of your session. No account balances are carried.

ARRIVAL TIME/WAITING ROOM

My office does not have a waiting room. This means that if you arrive earlier than 5 minutes before your session, I will likely be closing another session and not be available to get the door until closer to your session time.

BOOKINGS

If you would like to book future sessions for a certain week, day or time, I suggest booking as many or few of these sessions in advance. This ensures you have my availability for future session times and will not have to wait for a booking.

48-HOUR CANCELLATION POLICY

The time I book for your session is reserved specially for you. When sessions are cancelled on short notice, this means a lost session that could have been used by another client.

CANCELLATION FESS:

- 48 hours' notice: \$0
- Less than 48 hours: 50% of session fee
- Less than 24 hours: 100% of session fee

If I cancel your appointment with less than 48 hours' notice, your next appointment will be less 50% of the cost. If I cancel your appointment with less than 24 hours' notice, your next appointment will be free.

If you do not show up for a scheduled appointment (without cancelling) you will be billed for the cost of that scheduled session. If there is no communication provided for a missed session it will be assumed that any remaining bookings will be cancelled. There is a range of valid reasons for cancelling an appointment. In order to be consistent with all clients, cancellation fees will only be waived in the event of a medical emergency requiring urgent professional treatment, a death in the family, or natural disaster. I understand that life circumstances may arise which make attending counselling on an ongoing basis difficult or even impossible. For clients who need to cancel frequently and/or consecutive appointments, I reserve the right to re-evaluate whether this requires that we postpone or end therapy. In the event that you miss or cancel a session and do not contact me to reschedule, or otherwise do not follow up with scheduling additional appointments, after four weeks I will assume that you are no longer interested in services with me and will consider your file closed. In this event you may contact me at any time to re-open your file as space in my schedule allows.

You may stop therapy or ask to renegotiate our plan at any time.

I _____ **agree to the conditions outlined above.**
(first & last name)

I give permission to my therapist to seek clinical supervision or consultation about my situation when necessary. I have had time to study the information on this Informed Consent document and ask any questions regarding the terms of counselling. I have received a copy of this document for my own use.

Date: _____ Client: _____

Date: _____ Counsellor: _____