



INFORMED CONSENT

Hope is what drives my passion to support others. I believe there is hope and a way through the most difficult of times. Experiencing crisis and trauma in my own life sparked my passion to pursue a career in counselling. As a counselee, I have experienced healing and recovery in my own life. Now as a counsellor, it has been an honor to facilitate restoration in the lives of others.

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.

CRISIS COUNSELLING

I am not a crisis counsellor. While no one is immune to crisis, if counselling is initially sought due to crisis (ie. personal safety is at risk, suicide attempts and/or current risk for suicide). I refer to 24/7 support services and counselors who offer higher-level support so you get the support you need.

COUNSELLING APPROACH

I view problems and symptoms as being connected with the physical, mental, social, emotional and spiritual aspects of who you are. I explain various approaches and together, we design a plan that fits right for you. We work on the areas you want to work on and you set the pace.

Each counsellor works from his or her own worldview (Atheist, Buddhist, New Age, Universalist...). I counsel from a Christian worldview. This means that the lens I see through is grace-based, non-judgemental, and rooted in biblical principles. I will not push my beliefs on you; nor do you have to share my beliefs in order to work with me. I believe all people are worthy of love and respect regardless of beliefs, problems or circumstances.

In the event that a spiritual issue arises that prevents you from progressing in therapy and the spiritual support you are wanting to integrate opposes Christianity, I would let you know and suggest another counsellor who may be a better fit.

I am trained in a variety of counselling methods which are helpful to all people. My goal is to meet you where you are at and work with you through the issues 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 healing trauma, emotions, self-worth, and building healthy relationships.

CLIENT RESPONSIBILITY

Your responsibility is to attend your sessions and talk about your concerns 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. 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

The number of sessions you will need depends 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. Some cases 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.

ONGOING FEEDBACK

Please let me know areas you are finding helpful, or unhelpful or would like to see changes. It's important you have the best experience in our sessions. Please let me know at any point if my 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 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 therapy process may precipitate a crisis d) you 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. While I cannot solve your problems, I can help you to create solutions and/or guide you through the process of growth and healing. 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. Therapy is hard work, but worth the investment.

ENDING OR POSTPONING THERAPY

I will suggest postponing or ending therapy, or refer you to another counsellor in the event of the following:

- If you need to regularly cancel your booked sessions.
- My training, experience, approach and/or worldview do not fit with what you are looking for or feel comfortable with.
- You do not feel ready to engage with the process or take the early steps necessary in reaching your goal.

If at any time, I feel I do not have the resources to support you in reaching your goals, I will offer you referral options so that you can find the best support based on your needs.

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.

BOOKINGS

If you would like to have future sessions on a particular week, day or time, I suggest booking a few of these sessions in advance. This ensures you have my availability for these times.

ARRIVAL TIME/WAITING ROOM

My office does not have a waiting room. If you arrive more than 5 minutes before your session, I may be closing another session and not be available to get the door until closer to your session time.

MY AVAILABILITY

My availability is limited to my in-office days. For my current schedule please see Reginacounselling.com. Please contact my support person at info@reginacounselling.com to:

- Schedule any counselling appointments or confirm your availability;
- Cancel or re-schedule appointments;
- Have any administrative questions regarding billing, services offered, and hours.

IN THE EVENT OF A CRISIS

- Mobile Crisis (306)-757-0127 (24/7 phone counselling, Regina)
- 24/7 Emotional Support & Suicide Prevention (Canada) 1-833-456-4566
- Emergencies call 911

FEES

\$120.00 per 1-hour session. Due at start of the session. No balances are carried.

Payment Types: Cash, Credit, or E-transfers (**e-transfers only if received prior to the session**).

- I do not provide direct billing to insurance companies. This means, you pay for your sessions directly and then submit your receipts for re-imburement.
- **Note.** Not all plans cover the cost of my services, so you need to contact your provider before booking to ensure you are covered for serviced provided by a Canadian Certified Counsellor with the CCPA.

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.

ENDING THERAPY & CHANGES TO RATES, HOURS, & POLICIES

The most ideal way to close therapy is to plan for the end. That once you have reached your goals, we will know our work together has come to an end and we can celebrate and end by reflecting on our time together and looking forward.

However, some people choose to end more abruptly when they are feeling better, in a more open-ended way. In this case:

If at four weeks past our last session, I have not heard from you and we do not have future appointments scheduled, I will assume you no longer require my support and will consider your file closed. You may contact me at any time to re-open your file as space permits. **NOTE: when re-opening your file, you will be asked to consent to the most current version of my rates, hours, and policies.**

48-HOUR CANCELLATION POLICY & FEES

Your session time is reserved specially for you. I am very committed and prepared for the time I set aside for you.

Cancelling with less than 48 hours' notice means a lost session that someone else could have benefited from. I ask that you only book sessions you feel certain (at the time of booking) you are able to attend.

CANCELLATION FEES

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

If I cancel with less than 48 hours' notice, your next session will be less 50% of your session fee. If I cancel with less than 24 hours' notice, your next session is free. What I am asking of you, I also offer to you in return. **Your time is valuable.**

If you do not show for your session, without cancelling, you will be responsible for the cost of your session. If there is no communication regarding a missed session, I assume remaining bookings will be cancelled. **There are so many valid reasons for cancelling.** To be consistent with all clients, fees are only waived in the case of medical emergency, death in the family, road closure, mass power outage or natural disaster. I understand life circumstances may arise making attending sessions difficult or impossible. If you need to cancel frequently/consecutively, I reserve the right to re-evaluate whether it is in our best interest to postpone or end therapy. If you miss or cancel a session and do not reschedule, after four weeks I assume you are no longer interested in therapy and will close your file. You may stop therapy or ask to renegotiate your treatment plan at any time. You may request to start therapy again at a later date, pending my availability.

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

I permit my therapist to seek clinical supervision or consultation about my situation when necessary. I have read and understood the information in this Informed Consent document.

Date: _____ Client: _____

Date: _____ Counsellor: _____