



INFORMED CONSENT

I believe there is hope and a way through even the most difficult situations. 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 find positive solutions.

MY 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 a Certified Professional Counsellor #20180221 with the Professional Association of Christian Counsellors and Psychotherapists. I am a Registered Professional Therapist #3793 with the Canadian Psychotherapy and Counselling Association. 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.

MY WORLDVIEW

Each counsellor works from his or her own worldview (Atheist, Buddhist, New Age, Universalist...). I counsel from a Christian worldview. My approach is grace-based, non-judgemental, and rooted in biblical principles. I will not push my beliefs; nor do you have to share my beliefs to work with me. I believe all people are worthy of love and respect regardless of beliefs, problems or circumstances. 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. If at any point you become uncomfortable with any aspect of my counselling approach, please let me know.

Should a spiritual issue prevent you from progressing in therapy and the spiritual direction you are seeking is not a Christian approach, I would then suggest another counsellor who may be a better fit.

ARRIVAL TIME

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

WHAT TO EXPECT YOUR FIRST SESSION

When we first meet, I will ask for a copy of this form and your profile form. We will go over the forms and get to know each other. I will carefully listen to you and your concerns, review your history, and answer any questions you have. I will offer my perspective, support, and suggestions, and together we agree on the next steps to take.

HOW MANY SESSIONS WILL IT TAKE?

Between 6 and 12 sessions is considered short-term therapy, but some people decide to continue for a longer term. The number of sessions 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 communicate about what you hope to see in terms of, frequency, number of sessions, and goals.

THE COUNSELLING RELATIONSHIP

My role, as a counsellor, is to provide insight, guidance, and support to help you learn to solve problems. . While I cannot solve your problems for you, I can help you create solutions and/or guide you through the process of growth and healing.

Your role, as a client, is to attend your sessions and share as openly as you can. This includes sharing about aspects of therapy you feel are working well and/or not working well so we can build on what is working and make adjustments to what is not working. To benefit from therapy requires work on your part. By completing homework, practicing skills, and trying the recommendations during and between sessions, you'll get the most out of your investment. You may feel stretched or challenged, but with commitment and practice, I hope you will enjoy successful outcomes!

POTENTIAL BENEFITS

Sessions can reduce the amounts of distress and/or improve relationships and or resolve specific issues. 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) 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) family members may have adverse reactions to changes you make.

Experiencing uncomfortable feelings and discussing unpleasant situations are risks of therapy. **The nature of the therapeutic relationship is exploratory and may touch on areas that are sensitive.** My job is to help you gain greater understanding to your situation, 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.

BOOKINGS & AVAILABILITY

I recommend booking a few sessions at a time in advance. This ensures you have my availability for these times.

For my most current office hours, please see Reginacounselling.com. Outside of my regular hours, my assistant can be reached at info@reginacounselling.com to:

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

CRISIS COUNSELLING

No one is immune to crisis, however, if counselling is initially sought due to crisis, or should it become apparent that ongoing crisis will be the nature of counselling, I will refer to professionals who specialize in crisis counselling and who have the necessary resources available to you (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, as follows, so you get the support you need.

- 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

1-hour session: \$120; 1.5-hour session: \$180; 2-hour session: \$240.

Fees are due at start of the session. No balances are carried.

INSURANCE

Prior to your first booking, it is your responsibility to confirm directly with your insurance provider if they will cover the cost of my services based on my credentials below:

- Registered Professional Counsellor (RPC) offering clinical counselling with the CPCA #3793 or;
- Canadian Certified Counsellor, registered with the CCPA #10001293

I do not directly bill insurance providers. This means you pay for your sessions and then submit your receipt to your provider for reimbursement.

CONFIDENTIALITY

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.

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. I permit Adrie-Anne to seek supervision about my situation if necessary.

LEGAL/REPORTS

I do not issue legal letters or reports. Should I become involved in legal proceedings, or be required to write reports, 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.

DUAL RELATIONSHIP

I have a dual relationship with Adrie-Anne (meaning you know her from a previous setting) and the advantages and disadvantages of a dual relationship have been discussed _____.(Initial after discussion).

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.

48-HOUR CANCELLATION POLICY

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. 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.

Cancellation Fees:

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

In order 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 I cancel your session with less than 48 hours' notice, your next session will be discounted 50%. If I cancel with less than 24 hours' notice, your next session will be free. What I am asking, I offer to you in return.

RESTARTING THERAPY

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.

Some people choose to end more abruptly when they are feeling better. 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 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. When re-opening your file, you will be asked to consent to the most current version of my rates, hours, and policies.

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 have read and understood the information in this Informed Consent document.

Date: _____ Client: _____

Date: _____ Counsellor: _____