

Mandate & Indemnity

Mandate Agreement:

This is an informed consent agreement for counselling between

___Jude Victor_____and_____.

This mandate aims to inform you about the nature of the counselling process, the limits of confidentiality, the risks and benefits of therapy, and to obtain your consent to participate in counselling.

1. **Nature of Counselling:** Counselling involves meeting with a registered counsellor to discuss and address your mental health and well-being.
The therapy focus will depend on your needs and goals and may involve discussing thoughts, feelings, behaviours, and relationships. The counsellor may use holistic therapeutic techniques, including cognitive-behavioural, psychodynamic, or other approaches, to help you achieve your goals.
2. **Confidentiality:** All information shared in the session will be kept confidential, with the following exception.
 - If the counsellor is ordered by a court to disclose information.
 - If the client is a danger to him/herself or others.
3. **Benefits of Counselling:** Counselling may help you gain insight into your thoughts, feelings, and behaviours and develop strategies to manage them more effectively. Therapy can also improve relationships, reduce stress and anxiety, and increase wellbeing.
4. **Risks of Counselling:** Although counselling can be beneficial, it may also involve discussing painful or difficult experiences, which can be emotionally challenging.

Consent to Counselling:

By signing below, you acknowledge that you have read and understand the information and agree to participate in counselling with _____.

You also agree to be financially responsible for all sessions attended.

Signed: _____

Date: _____

Indemnity Agreement:

The client acknowledges that he or she knows the CCSA institutional counsellor is a facilitator and not a psychologist or social worker.

The CCSA registered counsellor is mandated to work under supervision.

Supervisor: Lorette Dye, founder of Helios Training Academy (082 299 6926).

Facilitation and/or coaching is based on empowering the individual, by means of support, guidance and comfort, to function optimally within his or her contexts. The client is willingly taking part in the facilitation without being unduly influenced to do so by the counsellor.

The client agrees to the indemnity and does not hold the counsellor liable for any claim for any damages of any nature arising from the counselling process. The client accepts full responsibility for any decisions made regarding his or her life.

The client is protected from inappropriate release of confidential information unless the counsellor is legally obliged to disclose information to the appropriate

authorities. The CCSA registered counsellor agrees to work within the CCSA Scope of Practice, Code of Ethics and Disciplinary Code.

I agree that in the case of an emergency or where there is a threat of harm that the following persons can be contacted:

Person 1 Name: _____ Telephone Number: _____
Person 2 Name: _____ Telephone Number: _____

Practical Agreements:

Number of sessions: _____

Frequency: _____ - _____ **Start date:** _____

Duration: _____ **90 min** _____

Fees: _____ **R400 per session** _____

The client is responsible for:

- Paying for the fees of the sessions attended.
- Arriving for the sessions booked and providing 24 hour notice of cancellation.

The counsellor is responsible for:

- Starting the online session at the agreed time.
- Respecting the terms confidentiality stated in the mandate agreement.
- Practicing within the scope of the CCSA's code of ethics

AGREED ON THE TERMS ABOVE AND SIGNED:

CCSA Registered counsellor: _____ Date: _____

Client _____ Date: _____