



# Counselling Contract – 1 on 1 Counselling/Coaching

1 on 1 Sessions with Brianna King.

## **Counselling Approach**

I believe that my clients have the desire & the capacity to grow towards fulfilling their true potential, & that they are the experts in their own lives. As such, I will work with you to help you understand yourself more fully & to find your own ideas & answers. I will also help you develop skills & strategies to help you make healthy changes. With greater self-awareness & trust in yourself, I hope that you will be able to make constructive changes, leading to a more satisfying & meaningful life. If you have service needs beyond my practice scope, I will endeavor to help you identify appropriate referral options.

## **Disclaimer:**

Brianna King is not a licensed doctor, psychologist, psychiatrist or medical professional. She is a Holistic, Trauma-informed Counsellor. Brianna's years of lived experience, extensive study and independent research has given her experiential insight into the nature of trauma, addiction and mental health and what she does with her clients is based on professional, accredited training/study, independent study, and what she has found most helpful for herself and her clients.

Some of the techniques Brianna uses are considered alternative to that of the mainstream medical model; though alternative they are evidence-informed approaches and are backed by the latest neuroscientific research. She has found the techniques effective in assisting in the resolution or management of trauma, anxiety, depression, addiction and somatic stress.

Sessions with Brianna are not for the official diagnosis, prevention or cure of any condition or disease.

When speaking of "healing" Brianna is not referring to medical or physical conditions, but rather an experience where the traumatised parts of the psyche and body are given a chance to integrate and release, which assists in the regulation of the nervous system which can ease or resolve symptoms.

Brianna will not give advice, nor is trained to give advice around medication. Any decision around your medication needs to be made with your GP, psychiatrist or prescribing professional.

If you are suffering from Schizophrenia, BPD (borderline personality disorder), DID (dissociative identity disorder), or other forms of mental illness please note that sessions with Brianna are not equipped to treat these kinds of diagnosis and they should be treated by a medical professional. In these cases she has seen the information and techniques used to regulate the nervous system be helpful for those who are suffering with these diagnoses, though she does not work with these issues directly due to it being beyond her scope of practice.

Brianna does not make any promises of specific results. The techniques Brianna uses have in her own experience and in the observation of many of her clients' experience has brought about tangible and intangible benefits in their lives and assisted in the resolution of somatic stress, though there can be no guarantee of a specific outcome as each client responds differently.

Any life altering decision made from a client's interpretations of a discussion in session is a client's responsibility. If one is considering making a life altering decision based on a dialogue or insight that occurs in session, for example leaving one's partner or family, changing or coming off medication, leaving their job, trying psychedelic medicines or any other decision where there may be consequences, Brianna encourages every client to seek alternative opinions and support when making them.



### **Sessions, Payments, and Cancellations**

**Please tick whether you are choosing the 'Session by Session' option or the 'Counselling Package' option. Please ensure you read the additional info below these boxes.**

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| <u>Session by Session</u> <input type="checkbox"/> |
| First Counselling Session - \$180.00 x 75mins.     |
| Subsequent Session/s - \$160.00 x 60mins.          |

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|---|
| <u>Counselling Package (Discount rate)</u> <input type="checkbox"/> |
| 6 x Counselling sessions - \$110.00/session x 60mins each.          |

- If you are experiencing financial hardship and can no longer afford counselling fees, please contact me and I will do my best to support and cater for your situation. *I offer a sliding scale option in order to try & keep therapy affordable & accessible to those who are serious about & completely committed to doing the inner work, healing, growth & recovery.*
- We will review the counselling process at different stages & negotiate further sessions as appropriate.
- It is up to you how frequently you would like your session/s.
- Payment will be taken before the time of consultation to avoid cancellation. Payment option is via 'bank transfer'. My bank account details will be provided on the invoice. The invoice will be emailed to you at least 24hrs before your session.
- For the 'Session by Session' option, late cancellation fees are payable as follows: 0 – 24hrs notice \$60.00 AUD. For complete non-attendance without notice you will be charged the full standard consultation fee of \$160.00 AUD.
- For the 'Counselling Package' option, late cancellation fees are payable as follows: 0 – 24hrs notice \$50.00 AUD. For complete non-attendance without notice you will be charged the full standard consultation fee of \$110.00 AUD.
- If you select the 'Counselling Package' option, the 6 discounted sessions must be used within a year of this contract.

### **Contact Between Sessions**

Email, phone or Zoom contact will be limited to practical arrangements only, such as booking or altering session times. I will not enter into phone, email or Zoom counselling except by prior arrangement.

**If you are faced with an emergency in between sessions, please contact the appropriate emergency service. In a life-threatening situation, please call 000 without delay.**

### **Ending Counselling**

In general, the counselling relationship ends by mutual agreement. However, you have the right to end your counselling service at any time. I would appreciate you letting me know if you decide not to return to counselling, particularly if you need to cancel an appointment. If at any time I feel that our counselling is no longer appropriate for you, I will discuss this with you; I may suggest discontinuation or a referral to a more appropriate service.

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| Client Signature |
| <br><br><br>     |
| Date             |

|                      |
|----------------------|
| Counsellor Signature |
| <br><br><br>         |
| Date DD / MM / YYYY  |