



BOUNDARIES AND BRIDGES

Informed Consent

The purpose of this document is to disclose the foundation principles guiding my practice. This is essential so you can make your decision of continuing this counselling process based on accurate, informed expectations. Please read this document and ask for any clarifications you require before we begin. Be aware that you have the right to refuse and/or withdraw from our counselling engagement at any time.

Qualifications

I obtained my Bachelor of Human Services Counselling from University of Southern Queensland. For your peace of mind, I am covered with Public Liability and Professional Indemnity insurance through InsuranceHouse. I am a registered Clinical Counsellor with the Psychotherapy and Counselling Federation of Australia (PACFA) and as per the requirements of my profession, I am under supervision with a clinical supervisor registered through PACFA.

The nature of my practice

I approach counselling through the person centred model, meaning the basis of my practice is to understand the client's needs and approach with empathy and understanding. Some of the foundational theories I employ include Acceptance and Commitment Therapy (ACT), The Gottman method, Relational Life Therapy (RLT), Solution Focused Brief Therapy (SFBT), and Motivational Interviewing (MI). Please feel free to ask me about any of these theories or research them on your own.

Confidentiality

A vital part of the counselling process is the right for a client's information to remain confidential. Except for the instances listed below, I will not divulge any information or confidences a client shares with me without their express written permission. These exceptions include:

1. If a legal court subpoena forces me to disclose
2. The client has stated imminent intention to harm themselves or other person(s).
3. Any reports of current ongoing child or elder abuse or abuse of vulnerable people in the client's professional or non-professional charge. This includes abuse carried out by a third party disclosed by the client.
4. The client expressly requests me, in writing, to provide information to another professional agency or person.
5. As part of my supervision process I am likely to discuss specific information about a client with my supervisor. This supervisor is also bound by these rules of confidentiality and cannot divulge any client information except in the situations listed in these points above.

Please sign below to indicate you accept these conditions of our counselling engagement.

Client's Name:	
Client's Signature:	

Date: / /

Brett Jones