

Client Counselling Contract

Welcome to Women and Family Counselling Services,

You can expect a relaxing environment when you enter our offices.

If your appointment is scheduled via Zoom, we ask you to set up, then relax for ten minutes prior to your appointment. Please ensure you are alone and in a quiet space with your device secured for minimal movement.

This counselling session is your time, it’s about you, and what you want. We’re here to help you.

**Please read the information below carefully and feel free to ask any questions you might have.**

Confidentiality

The privacy of all communication between you and your counsellor is protected by law. The information you share verbally with your counsellor is not routinely recorded. Your counsellor may make brief notes throughout or after your session, however these will not be stored with your contact details and are anonymised so they do not identify you.

Your Personal Information

Your name and contact details will only be recorded for administrative purposes. This information is not given to or used by anyone outside of our counselling services.

In extreme circumstances a therapist may be required to break confidentiality:



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1. If there is genuine concern or belief that a person is going to harm themselves or place another person or minor at risk, then the therapist is required to support the client in notifying proper authorities. In critical circumstances, a therapist may contact authorities or family members without consent to protect the client from serious harm.
2. If under a legally binding court order to disclose the notes, give a testimony or deposition.
3. When the counsellor is seeking professional advice from a mental health professional supervisor. Names are not usually revealed in these cases.
4. There is a legal obligation relating to your involvement in, or knowledge of, a serious crime.
5. It is essential to prevent a serious and imminent threat to either public health or national security.
6. Counsellors and Psychologist are required by law and ethics to report abuse, ongoing domestic violence, or neglect of a vulnerable person i.e. children, people with a disability or the elderly.

Your Counselling Sessions

Your counsellor will discuss with you how many sessions and the frequency of these after your first appointment.

Please sign below and email to [admin@womenscounsellingservices.com.au](mailto:admin@womenscounsellingservices.com.au) prior to your appointment.

I have read and understood and agree with the information contained in this form.

Name: (please print)

Phone:

Email:

Signature: Date:

Parent/Guardian if under 18 years\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_