

# Information and Consent

I am honored you have chosen me to support you in this healing process. My intention is to provide a safe space in which healing and growth can take place, new strategies can be explored and all feelings and thoughts are allowed.

## Confidentiality and limitations

All sessions will be conducted with the utmost confidentiality. I will keep records of our meetings and store them in a secure manner compliant with all provincial and federal privacy requirements. There are limitations to the confidentiality. By law, as a psychotherapist/counsellor, I must report to the authorities, or to emergency contacts:

- any possible child abuse in the present,
- any threat to another person's life,
- suicide plans,
- abuse by any health professional.

Every effort will be made to resolve the issue before such a breach of confidentiality must take place.

## Emergency

If you experience an emergency, or suicidal thoughts, please seek immediate assistance from your local hospital emergency, suicide hot line, your family doctor, or call 911. CAMH provides a list of helpful contacts: <https://toronto.cmha.ca/mental-health/find-help/are-you-in-crisis/>. My practice is only part time and I may not be available in a timely manner.

## Cancellation policy

Please, let me know at least 24 hours ahead of any cancellation to allow the timeslot to be used for somebody else. The counselling clinic is my passion but also a source of income and evening appointments especially are in demand. If this is an emergency, and you need to cancel at a short notice, life happens. For more than one missed appointment, however, you will be responsible for the full fee.

## Receipts for insurance purposes

If you have extended health benefits at your workplace that include psychotherapy, your insurer will require a receipt for full or partial reimbursement of the fee. You will receive receipt after payment and forward it to your insurer.

## Written assessments and forms

Please be advised that I do not provide written assessments or official forms of any kind. My practice is too small and I do not have any extra administrative time set for that purpose. My practice is strictly treatment oriented and my focus is strictly therapeutic.

## How it works

The most important process, life, happens between the sessions, and you do the hardest work yourself to adapt the tools to your own life. Practice and tweak. I will email you the most important points, suggestions for formal practices, mindful activities, and other food for thought. Feel free to email me back about your progress, or contact me between the sessions. I will be your most faithful cheerleader.

I have read and agreed: \_\_\_\_\_

Date: \_\_\_\_\_