

## Informed Consent for Counselling

Counselling (Therapy) is a unique space, both personal and professional. It rests on mutual respect, honesty, and collaboration. This agreement is designed to support clarity in our work together so we both understand what to expect. You're very welcome to bring any questions or reflections about this into our sessions.

Please take time to read through this information. If you're comfortable with what is outlined here, you'll be asked to indicate your agreement at the end.

### **The Therapeutic Process**

Therapy can offer a range of benefits, including greater self-understanding, improved relationships, and relief from emotional distress. However, it's also a process that can stir strong emotions. As we explore your experiences, you may feel sadness, anger, confusion, or vulnerability. This is often a natural part of the process and can lead to meaningful change, though the journey isn't always easy or linear.

As a Humanistic and Integrative Counsellor, I work creatively, drawing on a range of therapeutic approaches in response to your needs and what you bring to our work together. This may include using creative tools to help us explore your story, such as imagery, sand tray, clay or other expressive techniques, if and when it feels right for you. You are the expert in your life, and I will invite your feedback regularly to ensure the therapy remains supportive and meaningful for you.

While therapy can be transformative, outcomes can't be guaranteed. What we can do is commit to the process together, with care, honesty, and compassion.

### **Confidentiality**

What you share with me in therapy is treated with the utmost respect and confidentiality. I keep your information private unless you give written permission to share it with a specific person or service.

However, there are some important legal and ethical limits to confidentiality. I may need to break confidentiality if:

1. You are at serious risk of harming yourself or someone else.
2. You disclose information that leads me to believe a child (under 18), or an adult at risk, is being abused or neglected.
3. I am legally required to do so by a court order.
4. I seek professional supervision or consultation (which is standard practice to ensure safe and ethical therapy). In these conversations, identifying information is removed.

If breaking confidentiality becomes necessary, I will always aim to speak with you about it first, unless there is an immediate risk to life.

**By signing below, I am agreeing that I have read, understood, and agree to the items contained in this document:**

Signature:

Date: