Informed Consent for Counselling

General Information

The therapeutic relationship is unique in that it is highly personal, and at the same time, a contractual agreement. Given this, it is important for us to reach a clear understanding about how our relationship will work and what each of us can expect. This consent will provide a clear framework for our work together. Feel free to discuss any of this with me. Please read and indicate that you have reviewed this information and agree to it by signing at the end of this document.

The Therapeutic Process

You have taken a very proactive step by deciding to seek therapy. The outcome of your treatment depends largely on your willingness to engage in this process which may, at times, result in considerable discomfort. Remembering unpleasant events and becoming aware of feelings attached to those events can bring on strong feelings of anger, depression, anxiety etc. There are no miracle cures. I cannot promise that your behaviour or circumstances will change. I can promise to support you and do my very best to understand you, as well as to help you clarify what it is that you want for yourself.

Confidentiality

The session content and all relevant materials to the client’s treatment will be held confidential unless the client requests in writing to have all or portions of such content released to specifically named person(s). Limitations of such client held privilege of confidentiality exist and under the following circumstances I am required by law to share information with others:

1 - If a client threatens or attempts to commit suicide, or presents information about hurting him-or-herself.

2 - If a client threatens grave bodily harm or death to another person.

3 - Evidence or disclosure of abuse (physically, emotionally, and sexually) or neglect.

4 - If counselling records are court ordered

Client printed name:

Client signature:

Date: