

Informed Consent for Counselling

Integrative Counselling does not provide opinions, evaluations, diagnosis, or assessments about mental health, for medical, legal, or work related issues. Additionally, services will not include any form of custody, or access assessment evaluation.

1. Confidentiality and Limitations

- a. Confidentiality is a cornerstone of counselling. Your information is securely stored, and digital information is encrypted for safety.
- b. Limitations to confidentiality include when there is concern over: abuse (child or elder), suicide, homicide, endangering property, or subpoena by Court order.
- c. Any release of identifying information to third parties requires your written consent.
- d. Your file will be stored for 10 years. Your child's file will be kept until they reach 18 years old, and then for an additional 10 years.

2. Counselling Process

- a. The Informed Consent document must be completed prior to receiving services.
- b. Individual sessions are approx. 50 minutes. Couples approx. 90 minutes.
- c. An assessment includes reviewing personal and family history/experience.
- d. The client is in control of the session, chooses the level of disclosure, can guide sessions according to their needs, and discontinue services when they choose.
- e. Clients will be provided options to a community resource if their need(s) are better suited for those resources.

3. Counselling Values

- a. Counsellors are required to maintain a professional relationship with clients (ie: counsellors can not be a friend, or family member.)
- b. Clients will be treated with respect and compassion, free from discrimination and exploitation, and will receive confidential service.
- c. A client's file is theirs to review. They may add or make changes to the file as a separate document, signed by the client.

4. Benefits & Risks of Counselling

- a. Counselling can influence your life in positive ways, but may also be emotionally painful, and create tension in existing relationships.

5. Online Counselling

- a. Online counselling uses a secure portal for face-to-face communication, nothing is recorded or stored.

6. Fee Schedule (please indicate if there are financial concerns)

- a. Counselling services are a flat fee of \$120/session.
- b. Couples counselling services are flat fee of \$140/session.
- c. Please provide your counsellor 24 hours notice of cancellation.
- d. Please check with your insurance provider for coverage (Masters of Social Work)

7. Counselling Improvement and Training

- a. Feedback forms are sometimes used so clients can help track their experience and progress, and provide feedback to the counsellor.
- b. Your counsellor may also request permission to record a session to
 1. Provide feed back to the client or,
 2. for training purposes. In this case the session would be viewed by a supervisor following the same professional ethics.

8. Counsellor Qualifications

- a. Counsellors are licensed professionals overseen by professional associations and guided by ethical Codes of Conduct. Access to these codes are available upon request.

9. Parental Consent for Adolescents (generally from 14 – 17 years old)

- a. Children require the consent of a legal guardian(s). If parents are together, consent is required by both.
- b. If parents are separated or divorced, and a custody agreement exists, a copy is required. Consent will be determined by the dictates of the document.
- c. Do you have sole legal custody of your child/ren? Yes No

Child/ren's names below

1. _____ 2. _____ 3. _____

I have reviewed, understand and accept the content of this document.

Signature Client 1 : _____ Date: _____

Print Name : _____

Signature Client 2 : _____ Date: _____

Print Name : _____

Sig. of Counsellor: _____ Date: _____