

CONSENT FOR TREATMENT AND CONFIDENTIALITY DISCLOSURE FORM

The Sacred Journey Counselling & Consulting Services

Kushala Yoga & Wellness 303-130 Brew St, Port Moody, BC, V3H 0E3

info@thesacredjourneycounselling.com

778-714-9993

About Me:

My name is Teresa McLellan and I am a Registered Clinical Counsellor #14154. I hold a Master of Arts Degree in Counselling Psychology and a Bachelor of Arts Degree in Psychology, Counselling and Human Development. Please carefully read over the following information and we can discuss any questions you may have.

What Is Clinical Counselling?

Clinical counselling helps people improve their emotional, psychological, mental, and physical health while moving toward and creating more positive and fulfilling relationships with oneself, others, and one's larger community. The building of a trusting relationship between client and counsellor is important as counselling may cover topics that are difficult to talk about. We will work together to establish your own therapeutic goals and continually evaluate them as we proceed.

Benefits of Therapy:

Therapy can help a person gain a new understanding about their situation, acquire new ways of coping and make new decisions about how they want to be in the world and in their relationships. Therapy can help a person develop new skills and change behaviour and thought patterns that may be unhelpful or even detrimental. Therapy can contribute to and create increased happiness, wellbeing, and understanding of oneself and others.

Risks of Therapy:

While there are significant benefits to therapy, there are also some potential risks. Therapy may stimulate memories, evoke strong emotions, and create changes in perception that may alter one's self-concept and ways of relating to others. Sometimes this can cause some distress and some people may even feel worse before they feel better. This is especially a concern for clients

who have been through trauma. It is important to understand that therapy is a process that often involves some ups and downs and can also sometimes be hard work. That said, you are encouraged to continually discuss any thoughts or concerns you are having with me, your therapist.

Fees:

Counselling fees for individual, couples or families are set according to recommendations by BC Association of Clinical Counsellors. These fees are due at the beginning of each session and are payable by cash, cheque, paypal or e-transfer. A \$25 fee, plus any bank fees incurred, will be charged for NSF cheques.

Individual therapy sessions are \$125.00 for 50 minutes and couples or family therapy sessions are \$185.00 for 90 minutes. Many extended health benefits plans will reimburse you for the services of a Registered Clinical Counsellor (RCC). Please check your plan's details to see if you are eligible.

Cancelled and/or Missed Appointments:

Because your session time is reserved exclusively for you, a minimum of 24 hours notice must be given to cancel your appointment or the full session fee will be charged.

Limits of Confidentiality:

I place great value on the quality of the relationship between myself and my clients, your privacy and your safety. The gathering and retaining of personal information is guided by the BC Association of Clinical Counsellors and the Personal Information Privacy Act. Thus information about counselling sessions will not be released to anyone without your written consent unless one of the exceptions to confidentiality (as outlined below) have occurred. Otherwise, ALL other information is kept strictly confidential. The 3 limits of confidentiality placed upon me as a Registered Clinical Counsellor are:

1/ If during the course of counselling, information emerges that clients may do harm to themselves or others, I must act upon this information, with or without your permission to ensure your safety and /or the safety of others.

2/ If during the course of counselling information emerges about child abuse, I am

legally obligated to inform the appropriate authorities of this alleged abuse with or without your permission.

3/ It is also possible that courts may require disclosure of client records, if they contain information related to legal proceedings.

I have read the above information and understand the conditions. I give my consent for therapy and have received a copy of this agreement. I may access any of my personal therapeutic files at any time.

CLIENT (Print): _____

CLIENT (Sign): _____ **DATE:** _____

PARENT/GUARDIAN (If applicable) : _____ **DATE:** _____

COUNSELLOR: _____ **DATE:** _____

BCACC contact information for registered therapists:

#14 – 2544 Dunlevy Street

Victoria, BC V8R 5Z2

Telephone: 1-800-909-6303

Email: hoffice@bc-counsellors.org