



Soul Matters Counselling

## **Soul Matters Counselling**

*Agreement for counseling and informed consent- Couples*

### **Counselling**

Counselling provides a space and opportunity for you to explore thoughts and feelings, behaviours and relationships that may be troubling you or causing difficulty in your life. Counselling also offers a source of support in times of crisis and during difficult times such as you may be experiencing now. Counselling can be beneficial in that it can bring about some deeper personal insights and increase your self-awareness. Counselling may also help you find better ways of coping with problems, change unwanted behaviours, and develop new skills. With this however, there is also the potential for strong emotions, uncomfortable feelings, or difficult memories to surface due to the nature of the conversations. Through counselling you may discover different ways of relating to people which may cause some relationships in your life to change in ways you may not be expecting. It should also be mentioned that if you choose not to participate in counseling, the struggles that may have brought you here could potentially continue to exist you in life.

The approach to counselling couples through Soul Matters Counselling is based around the research of Dr. John Gottman who has been researching what makes relationships succeed or fail for over 38 years. The goal of therapy is not to talk to the therapist, but rather to talk to each other learning “nuts-and-bolts” skills in communicating and navigating sensitive areas in your relationship. This method is designed to help teach specific tools to deepen friendship and intimacy in your relationship. To help you productively manage conflicts, you will be given methods to manage “resolvable problems” and dialogue about “gridlocked” (perpetual) issues. We will also work together to help you appreciate your relationship’s strengths and to gently navigate through it’s vulnerabilities.

4 parts to the therapy:

- Assessment
- Treatment
- “Phasing out” of Therapy
- Termination

Early in the assessment phase, you will be given some written materials to complete that will help me better understand your relationship. In the first sessions we will talk about the history of your relationship, areas of concern, and goals for treatment. In the next session, I will meet with you individually to learn each of your personal histories and to give each of you an opportunity to share thoughts, feelings, and perceptions. In the final session of assessment, I will share with you my recommendations for treatment and work to define mutually agreed upon goals for your therapy.



Most of the work will involve sessions where you will be seen together as a couple. However, there may be times when individual sessions are recommended. I may also give you exercises to practice between sessions.

The length of therapy will be determined by your specific needs and goals. In the course of therapy, we will establish points at which to evaluate your satisfaction and progress. Also I will encourage you to raise any questions or concerns that you have about therapy at any time. In the later stage of therapy, we will “phase out” or meet less frequently in order for you to test out new relationship skill and to prepare for termination of the therapy. Although you may terminate therapy whenever you wish, it is most helpful to have at least one session to summarize progress, define the work that remains and say good-bye.

### ***Confidentiality and the disclosure of personal information***

Confidentiality is of vital importance to the success of the counselling process. Therefore, your information will be kept confidential at all times, including after counselling has ended. There are, however, some exceptions to the counsellor’s duty of confidentiality and these are:

- a) If a child is or may be at risk of abuse or neglect, or in need of protection;
- b) If a counsellor believes that you or another person is at clear risk of imminent harm;
- c) For the purpose of complying with a legal order such as a subpoena, or if the disclosure is otherwise required or authorized by law.

In any of these cases, you will be informed about the counsellor’s actions before confidentiality is broken. In couples counselling, secrets are counterproductive to the work and will not be kept should one partner disclose them to the therapist. Conversations about confidentiality will occur throughout counselling as to ensure the integrity of the relationship is maintained. I can ensure confidentiality in face-to-face communication, however please be aware that I cannot ensure that electronic communication over the Internet will be kept confidential. Please be aware of this if you choose to communicate through e-mail.

### **Specific note about interns**

Supervision for interns is offered by Certified Canadian Counsellors and/or Registered Clinical Counsellors. From time to time interns will consult with supervisors and other colleagues in order to gain assistance and insight and thereby offer you a quality, helpful service. In these cases, your identifying information will remain confidential at all times and supervisors are bound to the same confidentiality.

As a part of the learning process, there may also be times when your counsellor may ask to film you for educational purposes. These recordings will be used for the sole purpose of gaining insight and will be destroyed once they have been reviewed by the intern’s supervisor and



clinical group. All clinicians who review the interns work are bound by the same confidentiality as outlined above. In all cases you will be notified prior to the tape recorder being turned on.

- I give my consent to be videotaped for confidential and educational purposes by my clinician
- I **do not** give my consent to be videotaped

Any of your information collected is used strictly for our records in your file, and for contacting you in regards to appointments. During your time in counselling your counsellor will keep records of your sessions. You have the right to access your records and at any point if you would like to do so, please bring this up in session.

### ***Fees, Payment, and Cancellation policy***

Fees for the assessment of your therapy are based on the number of hours needed to complete the three-step process. Generally, the assessment requires about 4 to 4 ½ hours in 3 to 4 in-office sessions. It also requires 1 to 2 hours of paperwork to be completed on your own time out of office. The components of the assessment are as follows:

Session #1	Intake Interviews	80-90 minutes	\$45
Session #2	individual Interviews	45 minutes each (90 total)	\$45
Session #3	Treatment Planning	80-90 minutes	\$45

All subsequent sessions will be 90 minutes in length and offered at \$45/ session. Individual sessions can be booked for \$30 if and when needed.

If for any reason you cannot attend a scheduled session, please call at least 24 hours in advance and notify the secretary at the church or leave a voicemail message (250) 221-2015. You will be expected to pay in full for any missed appointments in which you have not given 24 hours notice, unless we agree of extenuating circumstances that prevented you from calling or attending.

### ***Review, referral and ending***

During our time together please feel free to bring up any concerns or questions that you have with regard to your counselling experience. If you are unhappy or want the focus of our sessions to change please let me know. You are free to discontinue service at any time and in that event I would be more than willing to assist in finding a suitable referral to another professional for you.

### ***Signature***

My signature below confirms that I have read the above, had an opportunity to discuss it with the counsellor, and had my questions answered to my satisfaction.



Soul Matters Counselling

Client Names: \_\_\_\_\_

Client \_\_\_\_\_ Date \_\_\_\_\_  
(Signature)

Client \_\_\_\_\_ Date \_\_\_\_\_  
(Signature)

Counsellor \_\_\_\_\_ Date \_\_\_\_\_  
(Signature)