



Soul Matters Counselling Informed Consent

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. Some of the ways in which counselling can be beneficial is through bringing deeper personal insight, helping find better ways of coping with problems and it also can help you improve your relationships. The counselling approach taken at Soul Matters Counselling is holistic and integrative, as we believe each individual has unique needs and therefore requires a unique counselling approach. If you desire, faith issues can be discussed here, although it is not assumed that faith will be part of the counselling therapy and will not be introduced until you request this. In this way you have the choice to discuss or not discuss matters of faith.

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 counselor's actions before confidentiality is broken. Conversations about confidentiality will occur throughout counseling as to ensure the integrity of the relationship is maintained. Your counsellor can ensure confidentiality in face-to-face communication, however please be aware that there is no guarantee 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 and payment

Sessions last 50 minutes and are offered at \$30 per session. If for any reason you cannot attend a scheduled session, please call at least 24 hours in advance speaking to a counsellor or leaving 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 you and your counsellor agree of extenuating circumstances that prevented you from calling or attending.

Review, referral and ending

During your time in counselling 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 your sessions to change please let your counsellor know. You are free to discontinue service at any time and in that event your counsellor 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 my counsellor, and had my questions answered to my satisfaction.

Client Name: _____

Client's Signature

Counsellor's Signature

Date

Date