



THERAPY AGREEMENT & INFORMED CONSENT

This document contains important information about the counselling services I provide and my business policies. Please read it carefully before signing. Building a trusting therapeutic relationship is important, so, therefore, questions or comments are welcome at any time.

Benefits of Therapy:

Therapy can help a person gain a new understanding about his or her problems, and to learn new ways of coping with and solving those problems, such as anxiety, depression, anger, or relationship concerns. Therapy can help a person develop new skills, gain new insights, and to change thought and behaviour patterns. Therapy can contribute to improved ability to cope with stress and difficult situations, and increase understanding of self and others. Benefits of counselling are maximized when clients attend sessions and make a sincere effort to work on issues in and out of session.

Risks of Therapy:

While there are potential benefits to therapy, there is no guarantee of success, and there are potential risks. During therapy, difficult emotions or memories may be stimulated which can evoke strong feelings such as sadness, guilt, anger, frustration, loneliness, and helplessness. Changes in awareness may alter self-perceptions, and ways of relating to others. The therapeutic change process can be quite varied and unique to individuals. It is important that you mention any concerns to me as soon as possible, and at any point in the process.

Confidentiality:

All communications with me, and all records relating to the services I provide you are confidential and may not be disclosed without your informed, voluntary and written consent.

Exceptions are:

- When there is a suspicion or disclosure of abuse of vulnerable persons, such as a child or elderly person
- Threat or danger to self (such as suicidal ideation or plans)
- Threat to others (such as homicidal risk and duty to warn)
- When records are subpoenaed by court order

When a third party is paying for counselling such as EAP or ICBC, a summary report may be required but this will be discussed with you with full disclosure.

Appointments and Fees:

Therapy sessions are 50 minutes long with the remainder of the hour set for scheduling and payment. Each therapy session is \$120.00. Fees are to be paid in full at the end of each session. A receipt will be issued for each session. Extended therapy sessions can be requested as per availability.



Cancellation Policy:

We request 24 hours' notice for cancellations. Cancellations made prior to this window are rescheduled with no penalty. Cancellations made without 24 hours' notice but prior to the start of the session incur a \$50 late-cancellation fee. No-shows or cancellations made after the start of the session incur the full fee.

Correspondence between Sessions:

If you need to contact me in between sessions, a phone message, email or text is acceptable. The content is to be free from any personal information to protect your privacy and confidentiality.

Please note that *I cannot provide emergency services* and may take 48-72 hours to respond to your message. In case of an emergency, please call 911, the Fraser Health Crisis Line at 1-877-820-7444 or Crisis Intervention & Suicide Prevention Centre of BC Helpline (604) 872-3311.

Your Rights: Include

- May withdraw your consent at any time
- Request information about your progress or planning around your therapy
- Provide the counsellor with feedback about your session
- Ask the counsellor questions and request clarification at any time
- Provide the counsellor with feedback about your session
- Decide when therapy will end

Consent:

By signing below, you acknowledge that you have read and understood this two-page document, and agreed to the terms and conditions of Self Matters Counselling.

Signed: _____

Dated: _____

Amanda Burns MA, RN, RPN, RCC
Registered Clinical Counsellor #15857
#201 – 1070 Ridgeway Ave, Coquitlam, BC. V3J 1S7
Phone: 778 668-4176
Email: selfmatterscounselling@gmail.com
Website: www.selfmatters.ca