

INFORMED CONSENT

I have prepared this letter to inform you about my policies, as well as your rights as a counselling client. Please read it carefully before signing and talk with me about any questions you may have.

About Me: My name is Carlee Baker and I have a master's degree in counselling psychology from Yorkville University. I am a Registered Clinical Counsellor (RCC #15852) in good standing with the British Columbia Association of Clinical Counsellors.

Counselling: Counselling is not always easily described and varies depending on the personalities of the counsellor and the client and the particular problems brought to each session. Counselling asks for a very active effort on your part. In order for therapy to be successful, you will have to work on things we talk about both during our sessions and at home. Counselling can have both benefits and risks. Since therapy often involves discussing unpleasant aspects of our life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness and helplessness. On the other hand, counselling has been shown to have great benefits for people who go through it. Therapy can lead to better relationships, learning new ways to cope with or solve problems, developing of new skills, significant reduction in feelings of distress, changing unwanted behaviours, and improved self-esteem. But there are no guarantees of what you will experience. Counselling is a process of personal exploration and may lead to major changes in your life perspectives and decisions. Together we will work to achieve the best possible results for you.

I approach counselling from an integrative perspective using approaches such as cognitive behavioural, mindfulness, solution-focused and positive psychology. I always counsel from a client-centered and trauma informed perspective. You have the right to refuse any particular therapeutic modalities, and to withdraw your consent from counselling at any time. Techniques can include active listening, homework, psychoeducational discussions and sharing of your experiences. I consider the client's perspective and needs as the foundation for therapy. I believe that clients have the capacity and resilience to resolve their own problems and make their own decisions. However, from time to time all of us need assistance, support and direction and as such I will work with you to establish goals for your therapy.

First Session: Your initial session is an assessment session devoted to defining your concerns and developing collaborative counselling goals. At this first meeting please ask whatever questions you might have about the counselling services or the counselling process. The emphasis will be on giving you time to talk about what is important to you.

Confidentiality: Confidentiality is of outmost importance and information discussed during your counselling sessions will be kept strictly confidential and will not be revealed to any other person, practitioner or agency without your written permission, with the following exceptions:

Duty to Warn: If an individual intends to take harmful, dangerous, or criminal action against another human being, or against themselves it is the counsellor's duty to warn appropriate individuals or agencies of such intentions. Also, any actual or suspected acts of child, elder or disabled person abuse (including physical abuse, sexual abuse, unlawful sexual intercourse, neglect, emotional and psychological abuse) will need to be reported to the appropriate agencies by the counsellor.

Court Subpoenas: When lawyers believe that a client's counsellor may have valuable information for their case, they will subpoena her/his notes, records, and in some instances, even the counsellor themselves. In general, once a subpoena is served on a counsellor, it must be obeyed, or the counsellor can be charged with contempt.

Consultation: Information about you may be discussed in confidence, without revealing your identity, with other counselling professionals and or supervisors for the purpose of consultation and providing you with the best possible service.

Statement of Understanding: I have been informed of and understand the conditions and procedures as outlined above and accept services with full knowledge and understanding of the relevant conditions. A fee of \$120.00 (GST included) will be charged for each 50-minute individual counselling session. Cancellations or missed appointments without a minimum of 24 hours' notice will be charged at the regular session rate. In the event that you are late for the session, you will be charged for the entire session but will lose the time you have missed.

Emergencies: If you have an emergency between sessions, please contact your physician, hospital emergency, the Crisis line **(604-872-3311)**, or **911**.

Acknowledgement and Consent:

Your signature below indicates you have read and understood the above material. Your questions were discussed and answered, and you consent to the terms and conditions outlined above.

Your Name (printed)

Signature

Date

Carlee Baker, MA, RCC
Counsellor's Name

Signature

Date