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## Informed Consent for Counselling Services

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### | Terms of Service |

**Sessions**                      The first session is an intake session in which your counsellor will explore your concerns and what you need. Your counsellor will describe the counselling process, including what to expect and the major tenets of their approach to counselling. A therapy session lasts 50 minutes, unless otherwise agreed upon. The number and frequency of sessions will depend on the nature of your concerns. If you do not feel you are a good fit with your counsellor, please indicate this so that your counsellor can connect you with other resources (e.g. other counsellors) which may be better suited for you<sup>1</sup>.

**Fees**                              50-minute session: \$150.00 | 80-minute session: \$175.00  
Please note that payments are due at the beginning of each session and a receipt will be issued at that time. Payments are taken in cash, cheque (all cheques can be made out to Wellwood Counselling), or e-transfer online. Please note that payment by Debit cannot be processed at this time.

**Attendance**                      For therapy to be successful, it is essential that clients commit to attending sessions and make a sincere effort to work on the issues brought forth. If for any reasons you need to miss a session, please call your counsellor to cancel at least 24 hours in advance. Last minute cancellations or no shows will result in full session fees being charged. If two consecutive sessions are missed and you are unreachable after three phone calls, it will be assumed that you no longer wish to continue counselling services and your file will be closed.

**Emergencies**                      While your counsellor is committed to supporting you in times of crisis and during difficult seasons of your life, emergencies between sessions are best dealt with by contacting your physician, your local hospital or the local crisis line (e.g., Edmonton Distress Line at (780) 482-4357. If you have questions about this, please feel free to ask your counsellor.

### | Benefits and Risks of Counselling |

Counselling is an opportunity to explore and process various emotional, mental, and relational difficulties in your life. Counselling can facilitate development of greater self-awareness, deeper personal insight, and helpful strategies for coping.

With this, there is the potential to stir up strong reactions as we delve into difficult topics and try new or different ways of being. We try to minimize and effectively manage this discomfort through dialogue and collaboration, in which you are invited to express when your development become difficult to manage.

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<sup>1</sup> This might seem a bit uncomfortable to do, but it is strongly encouraged. Your counsellor will not take offence or be hurt by your therapy needs being met elsewhere, and in fact, your counsellor would rather be a part of ensuring that you are getting the support you need.

**| Rights to Confidentiality |**

Confidentiality is an essential part of counselling; therefore, you have the right to confidence that everything you share in session remains strictly confidential. There are, however, the following limitations to confidentiality:

- In order to provide you with highest quality of services, counsellors will occasionally seek to consult with a supervisor or with other colleagues. This allows your counsellor to receive feedback regarding her work as well as suggestions for interventions. The information provided for the purposes of consultation remains confidential within this context; moreover, your counsellor will only disclose information necessary to receiving clinical support. All identifying information is removed.
- By law, your counsellor is obligated to break confidentiality and report any information that is disclosed regarding intent to harm yourself or other(s), or suspected/confirmed child abuse.
- It is also possible that courts might require disclosure of client records if they contain information related to legal proceedings. As such, counsellor notes can be subpoenaed by the court of law.
- If you have given written consent to release your confidential information to a third party, such as another health professional, to better assist you in providing support.

**| Additional Rights in Counselling |**

As a client, you have the right to the following:

- To be informed about the services you are receiving
- To discontinue services (a discussion before doing so is encouraged)
- To be referred to other resources
- To request access to files/reports about you
- To know what information is being shared with other involved supports
- To exercise your right to privacy by choosing when, what, and how much to disclose.

**My signature expresses that I have read and understood the terms discussed above, that I have had the opportunity to discuss these with my counsellor and have had my questions answered to my satisfaction.**

\_\_\_\_\_  
Client (Print Name)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
Counsellor (Print Name)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)