



**mosaic**  
counselling

### **Consent to Treatment & Limits of Confidentiality**

#### **Confidentiality and its exceptions**

Confidentiality is vital to the effectiveness of the counselling process. The information you share in sessions will be kept confidential. This confidentiality continues after the end of the counselling relationship. There are, however some exceptions to the counsellor’s duty of confidentiality, in particular:

- a) if a child is or may be at risk of abuse or neglect, or in need of protection
- b) if a counsellor believes 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.

Your therapist may at her discretion, seek consultation about your case. Your therapist will, however, keep your identity confidential unless she has your written permission to use identifying information.

#### **Record Keeping and Files**

Files are kept for therapeutic purposes only. Documentation is for the therapist’s use and no other person or party. Your file will be destroyed as soon as it is no longer necessary for therapeutic, legal or business purposes.

#### **Billing and Payments**

Introductory Meeting: No charge

Individual Counselling: \$100 / 55 minutes

Couples Counselling : \$150 / 90 minutes

Fees are due in full at the start of each session unless there are specific arrangements for a third party payment or payment plan. It is the client's responsibility to check their insurance policy small print to confirm if treatment by a “Registered Clinical Counsellor” is covered and manage any relevant paperwork.

#### **The Counselling Process**

Counselling has both risks and benefits. Since therapy often involves exploring unpleasant aspects of your life, you may experience a temporary increase in uncomfortable feelings as you undertake this personal journey. This is your journey and you will always be able to make the decision as to whether or not you'd like to continue working through issues which arise in our sessions.

You have the right to:

- a) ask questions about therapist qualifications and treatment methods
- b) reject any approach you are uncomfortable with, request referral or terminate therapy if you so desire
- c) expect your therapist to suggest referral to other service providers if it is believed that will be in your best interest

Talk therapy has been shown to have lasting personal and relational benefits for those who go through it. While there are no guarantees as to what you will experience, I am hopeful that you will gain clarity and relief as you engage in this counselling process.

My signature confirms that I have read the above information and clarified questions or concerns with the counsellor.

I / We \_\_\_\_\_ give consent to participate in the counselling process according to the terms outlined above.

**Client Signature(s):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Counsellor’s Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_