



COUNSELLING INFORMED CONSENT FORM

Counselling is a confidential process designed to help you address your concerns, build a better understanding of yourself, and learn effective strategies and skills to help you thrive. It involves a supportive, respectful, and non-judgemental relationship between you and a trained counsellor who has the desire to help you accomplish your goals.

There are many benefits to counselling, such as increased self-awareness, healing from past events, and coping with stress. It is also important, however, to be prepared for moments of increased anxiety or distress, which can result from discussing uncomfortable, personal information. Please discuss with your counsellor if you are feeling overwhelming distress during or in between sessions.

Counselling is a journey which involves commitment and active participation from both the client and therapist alike. There may be instances where out-of-session work (“homework”) may be suggested to help strengthen new strategies and skills.

Please note that as the client, you have the right to withdraw consent at any time.

INFORMATION ABOUT CONFIDENTIALITY

All areas of the counselling process, including the scheduling of appointments, attendance at appointments, the content of sessions, and records, are confidential. Session notes, signed documents, and progress forms are kept either in a locked filing cabinet or are stored on a password-protected computer. All files are stored for seven (7) years after the final session. No record of counselling is included in any academic or educational record.

At times, your counsellor may consult with a clinical supervisor about your case. Consultations are an ethical expectation for all mental health professionals to ensure they are providing the best possible care for clients. Please be assured that clinical supervisors are bound by the same limits of confidentiality. Personal identifiers will be changed whenever possible.

EXCEPTIONS TO CONFIDENTIALITY

All counsellors are bound to strict, client-therapist confidentiality. However, there are limits in which a counsellor may be legally required to disclose information discussed in session. These limits are typically based on the safety of the client and/or vulnerable others. Disclosure may be required in any of the following circumstances:

- There are reasonable grounds to believe that you are at risk of imminent harm to yourself and/or specifically identified others;
- There are reasonable grounds to believe that a child, elder, and/or vulnerable adult is being harmed or abused; or
- When disclosure is ordered by a court.

SAFETY REQUIREMENTS

If we are concerned about you or if you fail to show for a scheduled appointment, we may contact you to check on your well-being.

If your counsellor is reasonably concerned for your safety and/or well-being, we will be required to contact your emergency contact or a crisis response service to ensure your safety and well-being.

ACKNOWLEDGEMENT OF INFORMED CONSENT

My signature below indicates I understand and accept the preceding statements. I have had an opportunity to discuss the contents of this informed consent with my counsellor, had my questions answered to my satisfaction, and am fully prepared to enter into a counselling agreement with my counsellor. I reserve the right to withdraw my consent and terminate services at any time.

Name of client: _____

Signature of client: _____

Date: _____

Name of clinician: _____

Signature of clinician: _____

Date: _____