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Transformational Journeys

Informed Consent

Welcome! I am glad you have taken this important step towards healing using the tool of therapy.

Please read carefully and feel free to ask me any questions you might have.

Informed consent is your full and active participation in decisions that affect you, and the freedom of choice based on information shared. This will be an ongoing continuous process throughout the counselling relationship. As the client, you have the right to refuse and/or withdraw from counselling at any time.

Please initial beside each of these points. Your initial indicates that you have read, understand, and agree to each of the conditions of this agreement.

Confidentiality: Information revealed by you during counselling will be kept strictly confidential and will not be revealed to any other person or agency without your written permission, with the following exceptions:

- (a) If there is evidence of clear and imminent danger of harm to self and/or others, the therapist is legally required to report this information to the authorities responsible for ensuring safety. _____
- (b) If you are in legal proceedings and the court subpoenas your records. _____
- (c) If you describe suspected or actual abuse of a child or dependent adult, the therapist is required to report this to the appropriate authorities and break confidentiality. Abuse may include but is not limited to: physical, sexual, emotional, and neglect. _____
- (d) Consultation: at times, the therapist may consult with another therapist and/or supervisor in order to provide you with the best possible service and support. _____
The therapist will take care not to discuss identifying details about you. _____
- (e) When working with Families, the therapist reserves the right not to be asked to keep or hold secrets between Family members or Partners in a Couple. The therapist will instead work to assist members of the system to share information in sensitive and appropriate ways. _____

Email or Texting Privacy: Email and texting can be very quick and convenient, and many people choose this mode of communication with their therapists. The therapist will do everything they can to protect client privacy in these forms of communication. However, we cannot guarantee the confidentiality of email or text messaging correspondence. If this is a concern for you, please do not send detailed private information over email or text messages. I will only use email or text correspondence with you if you authorize it or request it directly. In addition, clients should be aware that I typically will not respond to texts or emails outside of my business hours.

Sessions Online: Online sessions are available for all clients. There are some limitations to online sessions that need to be taken into consideration:

- (a) Therapeutic Limitations:
Please be aware that there is the potential for misunderstandings in conversations when visual cues are absent and/or limited in communication during online or telephone communications and sessions. There will always be a strong need to seek clarification on the part of all parties when questions or misinterpretations arise. Please bring up any concerns you may have in regard to this so that we can work through any challenges together. _____

- (b) Technology Limitations:
Please be aware that technology-related complications (e.g. times delays, equipment/connectivity failures) may come up when engaging in online counselling sessions. We will do our best to work together and find ways to overcome these difficulties. If the online session format is not working, we can switch to a telephone conversation. _____

- (c) Confidentiality Limitations:
With the use of technology there is always the risk of possible breaches, hackers, or public discovery. While the therapist is committed to making their best efforts to avoid this by using a platform dedicated to therapeutic uses, please be aware that there is always this risk when we work online. Because of the nature of on-line sessions, the therapist will increase their effort to protect client information through the use of password protection of documents, and request for additional identification information when in contact over the phone. _____

- (d) IMPORTANT NOTE: if a need to access emergency resources rises during an on-line meeting and our online meeting is not sufficient to provide safety, we will discuss your own emergency contacts first and, if necessary, emergency services may be contacted on your behalf as a last resort (as discussed in exceptions to confidentiality). _____

Payment for Services: A fee of \$160 for a 60 minute session which can be paid before the session or right after the session. A receipt will be issued upon payment. This may or may not be covered by your insurance health plan. Counselling services are a tax-deductible expense. Extended health care plans may cover part or all of the counselling fees. Please check the details of your extended health coverage plan prior to our first session. _____

Cancellations or Rescheduling: Transformational Counselling Services requires at least 24-hour notice or full rate for session will be charged. _____

Methods: The therapist is trained in Emotionally Focused therapy, Mindfulness-Based Cognitive Therapy, and is currently in training in Hakomi Mindfulness-Based Body Psychotherapy techniques. Hakomi therapeutic techniques include the use of touch to elicit subconscious information from the body. The therapist will always ask for permission before using techniques, and you may withdraw at any time. You may request that the therapist refrain from using techniques involving touch. _____

Goals & Processes: My goal is to provide meaningful and professional counselling with the goal of helping you understand yourself and face your current challenges. In a session I will listen as you talk about what has brought you to therapy. You can talk about anything that is important to you. Counselling is most meaningful when you are able to share what is on your mind and heart. It may take a while to feel ready to tell another person what is troubling you. It is ok to work at a pace that is comfortable for you; I am committed to taking the time needed to achieve your goals. Some situations and patterns have built up over time. It is important to give yourself some time to make changes. As you go through counseling, it is natural to discover new feelings, strong feelings, and new things about yourself and/or significant others. For other people this is unsettling, but it is often an important step toward growth and healing. Please feel free to interrupt me at any point in the process to discuss any thoughts, feelings and questions you may have. Change is not easy, but by beginning today, we can work together in helping you create the future you want. _____

Length & Frequency of treatment: Counselling typically involves regular session, usually 60 and 90 minutes in length. Duration and frequency vary depending on your goals and needs. _____

Termination of Counselling Relationship: You have the right to end therapy at any time. Generally, it is beneficial to bring closure to your therapeutic work in a pre-planned final session. If at any time you feel this is not a good fit I will do my best to connect you with other services. _____

Risks & Benefits: You understand that engaging in the counselling process is intended to improve overall well-being and functioning. In order to help make improvements in life, counselling services may involve identifying, exploring, and/or addressing aspects of life, which may result in experiencing uncomfortable and/or emotionally painful feelings and/or thoughts, both during and outside of session. Counselling has 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 new skills, significant reduction in feelings of distress, changing unwanted

