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Confidentiality and Procedural Concerns for Counselling

The counselling which you receive is confidential within the limits of the law and the ethics of my profession. What you say to me remains in my office. I do keep records. The records are also confidential. I keep them as a record of our work, for legal purposes, and to aid in your progress. However, they could possibly be subpoena-ed by a court under certain circumstances.

If it appears that you are imminently about to harm yourself or someone else, I am ethically and legally obligated to let someone know. More important than the legal obligations, though, are my concerns for your health and safety, and that of those with whom you interact.

From time to time, we may discuss "homework," tasks or exercises you may try to do outside of our counselling time. Generally, this is aimed at helping your progress. It is voluntary.

You have the right to determine the pace and rhythm or our work together. Please feel free to discuss how you feel it is progressing, or if you would like to review some issues or concerns. Let me know if something has been particularly helpful or was distressing.

The counselling time we have available is fifty five minutes. This includes time for payment and for booking other appointments.

Payment may be made by cash, or cheque, or credit card. It is due at each session. Several extended health care policies cover counselling by a Registered Social Worker. Please consult with your programme if you unsure.

If you will be paying by credit card, please let me know in advance because we will have to take a couple extra minutes to   process the credit card. Receipts are issued at payment. If you have constraints due to insurance or other programmes, please let me know.

I have read and understood the above, and I agree to the issues discussed above.

Name

Date