

Evolving Story Counselling and Consulting

Informed Consent

March 27, 2023 Updated Version

Congratulations!

You have taken the first courageous step towards facing your fears and creating a more desirable future for yourself. Counselling takes a high degree of commitment to your own well-being. This might be your first time working with a counsellor. This document will explain the counselling process, my role as your therapist, and your rights as a client.

About the "Evolving Story" counselling process:

I work from a strengths based, collaborative approach incorporating Person Centered, Mindfulness Based Cognitive Therapy, Compassion, Psychodynamic, Neuroscience, and Experiential Therapy. This means we will be looking at what you are currently doing that is working, how your thoughts and beliefs influence how you feel, and what you can do to get your mind working in ways that will best support you. I welcome your questions, feedback and collaboration. I ask that you work on tasks outside of our sessions to get the most of our time together.

Risks and Benefits:

As you actively begin to work towards your goals you may begin to feel more empowered, in control, and relieved. However, counselling can also stir up difficult feelings. It is helpful to be aware these emotions are a natural part of the journey. I strongly suggest you increase your "caring for self" activities during this time of growth and healing. "Caring for self" activities might include creating a sleep routine to support more rest, eating a few healthy foods, reaching out for support from safe people in your life, and engaging in enjoyable movement suitable for your fitness level.

The Client and Counsellor Working Relationship:

As your counsellor, I am prohibited from engaging in any personal relationship outside of my role as your therapist. In order to protect your privacy, I will not acknowledge you in the community should we see each other. This is intended as a protective measure to ensure you are comfortable speaking openly in our sessions. If you acknowledge me in the community, I will follow your lead in terms of how you describe our professional relationship. Otherwise, I will respect your right to confidentiality in public.

Social Media Policy

As your counsellor, I will not communicate with clients on any social media platforms such as Twitter, Facebook, LinkedIn, Pinterest etc. I regularly write blogs for my site and others. Please be aware that any comments you leave may identify you as a client. Social network sites may not be used for any communication purposes between client and counsellor. Please be aware that the BCACC Code of Ethics prohibits any relationships outside of my role as your counsellor. Therefore, any communication in a public online forum is not permitted to protect your rights to privacy. If you have any questions, please do not hesitate to ask me or visit the [BCACC](#) website.

Email Policy

Please do not use email for confidential information. Due to the nature of online communications, confidentiality cannot be guaranteed although best practices are in place.

Counselling & Confidentiality:

You have the right to confidentiality and there are only rare instances when I may release information without your consent. **The following are the situations in which I have an obligation to release information to a third party:**

- You express an intention to harm yourself or another
- A child of 18 or under is being abused, neglected, or has witnessed abuse
- A dependant adult is being abused or neglected
- Your record is subpoenaed by the courts

If you are having suicidal thoughts please call the crisis line now at 1-800-SUICIDE.

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Consent for the Cost of Services:

The standard fee for each 60-minute session is \$120-going to \$130 effective July 1, 2023 / \$150 for 75 minute session or partnered 60 minute session/ \$75 for a student rate session. Payment is expected at session payable with cash, check or credit card. A receipt will be provided to you. Counselling fees are not covered by MSP but may be completely or partially covered by your extended medical plan or possibly deductible as a medical expense on income taxes. I offer a sliding scale based on your income of up to \$40 off session fee. Please speak with me to discuss this option if needed.

There is a \$10 charge for returned checks. Future sessions can be scheduled once all fees have been paid in full.

Cancellation Policy:

24 hours notice must be given to change or cancel appointments times otherwise, \$50 will be charged. Your session is reserved exclusively for you and therefore not available to others. If you arrive late for an appointment, you will be charged the full session fee and the time may not be extended. For missed appointments cancelled within 2 hours or with no notice, the full session fee will be charged. The same applies for me as your counsellor. If I cancel or need to change an appointment with less than 24 hours notice given, you will be credited \$50 off your next session. If I cancel an appointment within 2 hours or without notice, you will receive a session at no cost to you.

How to contact me:

I can be reached at yourstory@yourstoryevolved.com or at 778-788-2105. I will respond within 24 hours.

WHAT TO DO IN AN EMERGENCY

If you feel your situation is urgent, and you cannot wait to make an appointment, please do one of the following:

- Call 911
- Go the nearest hospital emergency room
- call the BC Crisis Line at 604-951-8855 or toll free 1-877-820-7444
- Call the Suicide Hotline at 1-800-SUICIDE (784-2433) (Deaf or hearing-impaired: 1-866-872-0113)

Signed Consent Checklist:

Please check off the boxes below to confirm your consent and **sign below at our first session:**

- I have asked questions about anything I **do not** understand.
- I understand the rights and limits of confidentiality.
- I understand that if I am at risk for harming myself or someone else, my therapist will have to reach out to a third party.
- I know I have the right to share with my counsellor what is and is not working.
- I understand that I have a responsibility to cancel or change 24 hours in advance or I will be charged a \$50 late change fee. The same applies to my counsellor, but a \$50 credit will be applied toward next session.
- I understand that if I cancel within 2 hours of appointment time or give no notice I will be charged my full session fee. The same applies to my counsellor, but a no cost counselling session will be provided.
- I understand that if I am late for a session, there may be no extra time allotted for the session.

Client (Please print your name here): _____

Client (Please sign your name here): _____

Counsellor(Please print your name here): _____

Counsellor(Please sign your name here): _____

Today's Date: _____