CONSENT FOR ASSESSMENT AND TREATMENT & DISCLOSURE OF INFORMATION

An effective counselling relationship works, in part, because of clearly defined rights and responsibilities held by each person. This frame helps to create the safety to take risks and the support to become empowered to change. As a client in counselling, you have certain rights that are important for you to know about because this is your therapeutic process, whose goal is your well-being. There are also certain limitations to those rights that you should be aware of. As a counsellor, I have corresponding responsibilities to you. Please take your time to read this document in its entirety. If you are unsure of any of the content of this document, please ask me to clarify or explain prior to signing it.

ABOUT COUNSELLING

Counselling is a broad field that varies tremendously based on the approach used, and on the relationship between counsellor and client. Generally, it is a collaborative treatment which takes place in a supportive environment and allows you to resolve, transform, and integrate mental and emotional challenges or issues, which may be causing suffering or preventing you from living the life you desire.

In the beginning, we will collaborate to establish clear goals for the outcome of our work together. During this time, we will determine if I (as your counsellor) have the competency and skillset to meet your needs. If it is determined by counsellor or client that I do not, a referral will be made by the practitioner to a suitable professional.

As part of a collaborative approach, I ask that you please keep me informed about your experience. You are invited to ask questions, express concerns and give me feedback on a regular basis - doing so will optimize our therapeutic relationship and ensure that you get the most out of our work together. It is important to note that counselling can cause mental and/or emotional discomfort as a part of the growth process (“you may feel worse before you feel better”). You are encouraged to discuss this with your therapist.

I have a master’s degree in counselling psychology (MACP). I am a Registered Clinical Counsellor (RCC, license # 21371) with the BC Association of Clinical Counsellors (BCACC) in good standing. Under this designation, I am able to work with residents of BC seeking general mental health counselling virtually and in-person.

My primary approach is Rogerian person-centred therapy where I strive to provide the conditions for therapeutic growth (accurate empathy, unconditional positive regard, and congruence). This is an empowering and evidence-based approach which leads clients towards deeper self-understanding, self-acceptance, and the resolution of anxiety, depression, and PTSD (Yao & Kabir, 2023). I also draw upon Narrative Therapy, somatics, Acceptance and Commitment Therapy (ACT), Emotion-Focused Therapy (EFT) and inner child work. I will always inform you about what we are doing and why, include you in the decision-making process, and endeavor to answer any questions you may have throughout the therapeutic journey.

CONFIDENTIALITY

All information provided (verbally, written, and otherwise) during your sessions and as part of the intake

process will be kept confidential by me, except under the following circumstances:

* I may disclose limited information to necessary people (i.e., your emergency contact person, healthcare professionals, etc.) without your permission if I have clear evidence that you are a serious danger (life or limb) to yourself or others.
* I am mandated to breech confidentiality if I learn of an incident of abuse to a vulnerable person (i.e., child or elder) by you or anyone else.
* There are also some situations where the court can mandate that I release your records.
* I frequently discuss my client’s cases anonymously and within a confidential agreement with my clinical supervisor, peers, and colleagues to enhance my own learning and hold myself accountable to the work we are doing together.

SUPERVISION & ETHICS

To help ensure accountability and that I am upholding best practices I meet regularly for peer supervision, group supervision and individual supervision with my clinical supervisor. These meetings are held within a confidential framework. In these meetings I frequently discuss my clients’ cases and will likely share details of your case with my supervisor. I will, however, not share any identifying information such as your name, the names of people you discuss, place of work, or any other information that might compromise your right to privacy. If you have questions about what I discuss with my supervisor, please ask me. It is your right to know what I discuss with them and why. If you’re unhappy with what’s happening in therapy, I hope you’ll talk about it with me so that I can respond to your concerns. I will take such criticism seriously, and with care and respect. If you believe that I’ve been unwilling to listen and respond, or that I have behaved unethically, you can file a complaint with my regulating body by calling the BCACC head office at 1-800-909-6303 (details on the complaints process here: <https://bcacc.ca/complaints-and-investigations/> )

NATURE OF OUR THERAPEUTIC RELATIONSHIP

I can only be your Counsellor. I cannot have any other role in your life. I cannot, now or ever, be a close friend or socialize with any of my clients. I cannot be a therapist to someone who is already a friend. I can never have a sexual or romantic relationship with any client during, or after, the course of therapy. I cannot have a business relationship with any of my clients other than the therapy relationship.

If we happen to meet in public, I will respect your privacy and will not acknowledge you, or in any way disclose the fact that you are my client. However, you are free to acknowledge me (which I will reciprocate if you initiate), and you are also free to disclose the fact that you are my client to people you wish to share that information with.

FEES & CANCELLATION POLICY

My fees are set by the recommendations of the BC Association of Clinical Counsellors: $140 CAD plus GST ($147) per 50 minute individual therapy appointment (unless otherwise discussed and agreed upon with Andrea Sentesy). For payment, I accept credit card, e-transfer, or cash. For credit card payments, I keep your information confidentially on file and charge the card on the day of your session. All payments are due in advance of the session.

After an initial session together, we will assess whether our therapeutic relationship is a fit for both of us. Should we decide to proceed, you can choose your frequency (weekly, bi-weekly, or monthly). You will be scheduled at the same day and time weekly, bi-weekly, or monthly. If I need to change the time of your appointment, I will give you not less than 24 hours’ notice, and I request that you agree to do the same.

I require 24 hours’ notice to cancel a session without charge. Missed appointments and cancellations with less than 24-hours’ notice, are subject to the full fee. Credit cards on file will be charged the cancellation fee within 12 hours of the missed appointment. Emergency exceptions can be made at the discretion of the counsellor. Likewise, if I miss or cancel your appointment with less than 24-hours’ notice, your next session is free.

ONLINE VIDEO & EMAIL COMMUNICATIONS

For virtual sessions, I use the secure videoconferencing JaneApp platform which is PIPA and PIPEDA compliant. As a back-up, we will connect over the phone. I will call you at the number you provide on your intake form. Prior to our first session (and in subsequent reminder e-mails) JaneApp will send you the link for our appointments. If you have technical difficulties connecting to our virtual session you can email me ( andreasentesy@gmail.com ) or expect a phone call from me.

For all online video and phone sessions, please ensure that you have a good connection/good reception. For your privacy and to receive the most benefit from our work together, I request that you ensure you have a quiet, private space where you feel comfortable and will not be interrupted or overheard during our session.

I am happy to schedule/re-schedule appointments via email. If you would like me to review documents, correspondences, or respond to email that exceeds 10 minutes of time, there is a prorated fee based on your hourly session fee. Please be aware that email, although normally not read or intercepted by a 3rd party, is not necessarily confidential and I cannot guarantee confidentiality of documents sent via email.

TERMINATION OF COUNSELLING

Once we begin regular counselling (weekly, biweekly, or monthly sessions), you have the right to terminate therapy at any time – you are under no obligation to continue counselling. However, I request at least two sessions notice - one to discuss termination and plan for closure, and the second to summarize our work together, plan your next steps, and bring our work together to a successful close. If you terminate without 2-session notice, I request that you communicate this with me (please no “ghosting”).

Your signature on the next page indicates that you have read, understand, and agree to all policies and statements within this document.

I sincerely look forward to our work together.

**Reference**

Yao, L., & Kabir, R. (2023). Person-Centered Therapy (Rogerian Therapy). In *StatPearls [Internet]*. StatPearls Publishing

SIGNATURES

CLIENT NAME

(please print)

Client Signature

Date

CLIENT NAME

(please print)

Client Signature

Date

CLIENT NAME

(IF CLIENT IS UNDER 18)

(please print)

Name of Legal Guardian

*(please print)*

Signature of Legal Guardian

Date

Andrea Sentesy Signature

Registered Clinical Counsellor

Date