



Welcome to Claritas Counselling. This document contains important information about professional counselling services, counsellor qualifications, confidentiality, and session fees. Because the process of counselling requires a significant degree of trust between you and your counsellor, I hope to provide clients with thoughtful, confidential, and competent counselling best suited to your needs.

Reading and signing the Client Informed Consent document indicates that you agree to receive counselling services from Claritas Counselling.

### **Mission**

The mission of Claritas Counselling is to help individuals, couples and families move from confusion to clarity with greater agency and capacity for life.

### **Goals of Counselling**

There can be many goals for the counselling relationship. Some of these will be long term goals such as improving the quality of your life. Others may be more immediate goals such as decreasing anxiety or depression symptoms, developing healthy relationships, changing behaviour, or decreasing unwanted behaviors. Whatever the goals for counselling, they will be set by the clients according to what they want to work on in counselling. The counsellor may make suggestions on how to reach that goal but the decisions lie with you as the client.

### **Counsellor Qualifications**

I have a masters degree and am registered with the BC Association of Clinical Counsellors. I am not a psychiatrist or psychologist but offer therapy/ counselling in keeping with evidence-based practices.

### **Risks/ Benefits of Counselling**

Counselling is an intensely personal process which can bring unpleasant memories or strong emotions to the surface. There are no guarantees that this counselling relationship and process, or any specific therapeutic relationship or process, will work for you. Clients can sometimes make improvements only to go backwards after a time. Progress may happen slowly. Counselling requires a very active effort on your part. To be most successful, you will have to work on things we discuss outside of sessions.

However, there are many benefits to counselling. Counselling can help you gain personal insights, develop coping strategies, make behavioral changes, reduce symptoms of mental health disorders, improve the quality of your life, learn to manage anger, learn to live in the present, and empower you to be the change you wish for yourself.

### **Confidentiality**

I will make every effort to keep your personal information private. If you wish to have information released, you will be required to sign a consent form before such information will be released. There are some limitations to confidentiality to which you need to be aware. Sometimes I consult with a supervisor or other professional counsellor in order to give you the best care I can provide. Should I consult with another supervisor, no identifying information such as your name would be released.

Limits to confidentiality are:

1. When there is a chance that a child, developmentally disabled person, or dependent adult is being abused.
2. Your counsellor determines you are a danger to yourself or others.
3. Your counsellor is ordered by court to disclose information about you.

### Phone and Video Counselling

If you choose phone or video counselling services, there is additional information to be aware of prior to your initial session. There are potential risks and benefits of video and phone sessions that differ from in-person sessions. We can discuss this prior to your first session. Confidentiality and privacy still apply for video and phone sessions, and at Claritas Counselling are using technology that is compliant with *The Personal Information Protection Act (PIPA)*. You will also need to ensure that you have access to the following:

- A desktop computer or laptop with a webcam, or a smartphone or tablet
- A device that can download and run the zoom app
- A quiet, private space that is free of distractions (including other devices or phone calls) during session
- A secure, password protected internet connection, not public/free Wi-Fi

Additionally, I will discuss with you an alternate form of communication (e.g. a phone number) if the session needs to be restarted or rescheduled, or in case there are technical difficulties. You should also confirm with your insurance company that video sessions will be covered; if they are not, you are responsible for full payment.

### Professional Fees

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| • 50-minute session for individual       | \$140 |
| • 50-minute session for couples          | \$150 |
| • 80-minute session for couples/families | \$220 |

### Consent to Counselling

- I have read the Informed Consent and understand the context in which I will receive counselling services from Claritas Counselling.
- I have the right to withdraw from the counselling process at any time either at my own initiative or in consultation with my counsellor.
- I agree to attend counselling session on time as scheduled.
- If using a video-conferencing platform, I agree to use the platform offered by the counsellor and I understand how to use that platform.
- In the event I am unable to attend counselling session, **I agree to provide at least 48 hours advance notice**. If the appointment is scheduled on a Monday, the cancellation needs to be made before 4:00 on the previous Friday. In the event I do not provide 48 hours advance notice, I agree to pay the **cancellation fee** which is the same amount as the session fee.

Your signature below indicates that you have read this Agreement and agree to its terms.

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Client Signature

Date

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**Parent Signature (if client is 12 or under [in-person]; 17 or under [video/phone])**

**Date**

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**Counsellor**

**Date**