

Informed Consent

Welcome! This document has been prepared for you to inform you about my qualifications as a counsellor, the nature of our professional counselling relationship, your rights as consumers of therapy, the process of therapy such as but not limited to, the purpose, the goals, techniques, procedures, limitations, potential risks and benefits, fees and billing arrangements, involvement of third party, and limits of confidentiality. Furthermore, to provide sufficient opportunity for you as a client to ask questions and receive answers pertaining to the nature of the service you will be provided. You will receive a copy of the signed form for your own records.

Counsellors Training Qualifications

I am a Registered Professional Counsellor (RPC) and a member of the Canadian Professional Counsellors Association (CPCA). I am a certified Gottman Method level I Couples Therapist, a certified Premarital Counsellor by Enrich Canada, and a certified Leveling Prayer Counsellor. I have received training in Traumatic Incident Reduction (TIR) Therapy and in Hope Alive Level I Counselling.

Lastly, I have many years of experience in individual and in group counselling which I have assisted individuals, couples, families from diverse cultural and social economic background to address various issues such as, but not limited to, interpersonal and/or marital relationships conflicts, addiction, trauma, depression, anxiety, anger, and life transitional issues. I am the Group Counsellor for the Diploma Professional Counselling (DPC) Program at Pacific Life Bible College (PLBC). Furthermore, I am one of the Contract Counsellors at the Door of Hope Counselling Clinic (DHCC).

Philosophy and Approach to Counselling

My philosophical approach to counselling is eclectic and holistic in nature. I draw first on the faith foundations of a view of persons and then, I elaborate on most of the contemporary therapeutic models to form an integrative approach to individual, couple, family, and group therapy. Thus, in my professional practice, I employ a variety of techniques from various counselling models and therapies, as well as, spiritual techniques such as prayer and scriptures if and when is appropriate and is consistent with a client value system and beliefs.

Counsellor's Role, Ethical and Legal Responsibilities

- a. To provide a safe, non-judgmental environment for the client's growth and development.
- b. To collaborate with the client to foster and increase client's self-awareness and discover new perspectives.
- c. To provide empathy, encouragement, and support.
- d. To challenge the client in their thinking process and self-appraisal.
- e. To inform the client about the benefits and the psychological risks involved in the helping relationship and ways to minimize these risks.
- f. To inform the client about their rights and responsibilities.
- g. To abide by the codes of ethics held by the Counselling Profession.

- h. To ensure and safeguard the client's rights to privacy.
- i. To inform the client about the nature, purpose and limits of confidentiality.
- j. To be aware of one's own competence and to seek consultation from other professionals when the need of the client is beyond one's own competencies.
- k. To be aware of one's personal reaction to the client and how it may interfere with the therapeutic relationship.

Client's Rights, Roles, and Responsibilities

- a. The right to give informed consent.
- b. The right to ask questions about any procedures used during counselling and to refuse any techniques or interventions that you are uncomfortable with.
- c. The right to terminate the therapeutic relationship.
- d. The right to privacy—to control when, where, and how much to share.
- e. The right to review your records when needed.
- f. To be punctual – to arrive on time.
- g. To collaborate and be an active participant. This may include but is not limited to engaging in the therapeutic process, setting goals, doing “homework” in preparation for your counselling sessions, and/or to practice what we have covered in a counselling session.
- h. To be willing to talk openly in a culturally appropriate and congruent manner that is consistent with your values.

Confidentiality – The Nature, Purpose, and Limits of Confidentiality

Within limits of the law, 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. Furthermore, when more than one family member is being seen in counselling, the counsellor views the family as a whole as the client. Therefore, releases of information for family sessions require the written approval of each consenting member of the family who was present at the time during treatment. Additionally, the counsellor will not collude with individual members to keep individual confidences that are harmful or destructive to other family members in treatment. Where conflicting family members goals exist, the objective of counselling is for everyone's goals to be addressed in a manner that will preserve the integrity of the family as a whole. Differences between each family member's goals will be discussed during counselling.

You should also know that there are certain situations in which I am required by law to reveal information obtained during counselling to other persons or agencies without your permission. Also, I am not required to inform you of my actions in this regard. These situations are as follows:

- a. If you threaten grave or bodily harm or death to self or another person.
- b. If you are suicidal.
- c. If you reveal information relative to child abuse, child neglect, or elder abuse, I am required by law to report to the appropriate authority.
- d. If a court of law issues a legitimate court order (signed by a judge), I am required to by law to provide information specifically described in that order.

- e. If you are in counselling by order of court of law, the results of the treatment ordered must be revealed to the court.
- f. If you are seeking payment through an insurance company, I may be required to reveal confidential information to them (each insurer is different).

The Therapeutic Process

Counselling will seek to meet goals established by all persons involved, usually revolving around a specific presenting problem. The frequency and type of treatment will be discussed and collaboratively determined by the counsellor and by the client. Progress notes - a clinical record of the counselling sessions - are secured and kept in a safe file cabinet. In counselling there is no guarantee for any specific outcome. There are possible benefits and psychological risks involved in counselling.

Major Potential Benefits Include:

- a. A better ability to handle or cope with marital, family, and other interpersonal relationships.
- b. A greater understanding of family and personal goals and values that may lead to a greater maturity and happiness as an individual and increased relational harmony.
- c. New perspectives on problems or unused opportunities.
- d. Increased self-awareness.
- e. Increased quality of life.
- f. Sense of clarity and renewed hope for the future.
- g. Probable outcomes resulting from resolving specific concerns brought to counselling.

Potential Psychological Risks Include:

- a. In working to achieve the potential benefits mentioned above, counselling will require that firm efforts be made to change and may involve the experience of significant discomfort.
- b. Therapeutically, resolving unpleasant events and relationship patterns can arouse intense feelings. Seeking to resolve problems can similarly lead to discomfort as well as relationship changes that may not be originally intended.
- c. The therapeutic process may precipitate a crisis in client's life.
- d. The client may come feeling relatively comfortable and leave feeling annoyed, tired, upset, or vulnerable and defenseless following a session.
- e. Exposed personal conflicts can cause pain and lead to a new self-awareness that is difficult to process.
- f. Outside life may be altered in such a way that family members have adverse reactions to the change.

Fees, Length of Counselling, and Emergency Procedures

As a client of Ivana Redmond:

1. The standard fee for individual counselling is \$120 and \$150 per couples and family therapy per 60 minute session. If we agree to longer or shorter sessions, I will be charged

accordingly. For those who are unable to pay the standard fee, there is a sliding fee scale. I may complete the Application for Fee Reduction if I feel that I qualify for this.

- a. I agree to pay \$ _____ per 60 minute session.
 - b. Payment is due at the time of each session, and no balance will be carried.
 - c. If applicable, I am responsible for submitting the necessary documents to my insurance company to receive reimbursement of fees paid.
2. I understand that the counsellor has the right to seek legal course to recoup any unpaid balance. In pursuing these measures, the counsellor will only disclose biographical information and the amount owed, in order to ensure confidentiality. Before the counsellor submits the debt to collection, the counsellor will send a couple of letters to develop an affordable payment plan.
 3. I understand that I can withdraw from counselling at any time, either at my own initiative or in consultation with my counsellor, and that I have no moral, legal, or financial obligation to complete a defined number of sessions.
 4. I understand that my session may be terminated if I arrive at a counselling session under the influence of alcohol or illicit drugs.
 5. A **24-hour** notice is required for cancellation of a schedule session. If I do not meet this requirement, I agree to pay the full session fee. I understand that this will be my responsibility, not that of the third-party payer.
 6. If I need to cancel an appointment, I should call **604-379-4040**. I may leave a voicemail message on this line.
 7. If the client arrives late for his/her scheduled session, the client will be responsible to pay the full counselling session fee even though the session has been shortened due to the late arrival of the client.
 8. **Emergency Procedures:**
 - If I am in immediate danger of harming myself or someone else, I should **CALL MY THERAPIST IMMEDIATELY**: Ivana Redmond at 604-379-4040. If Ivana Redmond does not immediately return my call, I should call 911 or a local crisis line.
 - If someone I know is in immediate danger of harming him/her self or someone else, I should **CALL 911 AND REQUEST ASSISTANCE**.
 - If I am in immediate danger of being harmed by someone else, I should **CALL 911 AND REQUEST ASSISTANCE. I MAY CALL MY THERAPIST IF I FEEL THE NEED, BUT ONLY WHEN I AM SAFE.**

Process for Addressing Concerns

If you have any questions or concerns about any aspect of treatment you are encouraged to discuss them with me (your therapist) so together we can define, clarify, and find a resolution to your concerns. If at the end of our conversation you still have some serious concerns, you can be provided with the information you need to further address these issues with an appropriate third party.

I / We have read and understand the information that has been presented to me in the informed consent. In addition, I agree to participate in the counselling process in accordance with the terms that have been explained.

Client Signature(s): _____ **Date:** _____

Counsellor Signature: _____ **Date:** _____
Ivana Redmond, RPC, MPCC