

INFORMED CONSENT

WELCOME: This form will answer many of your questions about counseling. Feel free however, to ask for clarification or further information now or during any future session.

WHAT IS COUNSELING and HOW DOES IT WORK? Counseling is a process of solving emotional, relational, spiritual, or other life problems by talking with someone who has been professionally trained to help others. The process of change will be unique to who you are and your particular situation. In session, we will work together to find out where you are emotionally or relationally, gain insight into the root reasons for your present way of being, and establish vision, goals and strategies for achieving the change you are hoping for. Although we will work collaboratively, you will ultimately determine the degree of change to be experienced (both target goals and actual change). The process of change often involves:

1. Clearly defining the problem (or problems) that brings you to counseling
2. Understanding its origin and contributing/reinforcing factors
3. Discussing your resulting thoughts, feelings and reactions
4. Considering relevant biblical direction and other sources of wisdom
5. Developing aims and goals toward something different and better
6. Acquiring beliefs, strategies and skills for achieving those aims and goals, and
7. Applying what you learn in session in your real-life, real-world setting.

In some instances, beginning to talk openly about your emotions or relational problems may actually intensify your negative feelings; however, over time you should experience definite improvement. If after beginning counseling, you begin to feel emotionally overwhelmed by the experience, please address this with your counselor in session.

You have the right to ask your counselor about his background, therapeutic orientation and qualifications. Please note that not everyone benefits from therapy or from working with a particular counselor. If at any time you have questions about the efficacy of the treatment, adverse feelings about anything the counselor has said, or need clarification regarding goals or strategies, please do not hesitate to address this in session. One of the most important factors in counseling success is the therapeutic alliance – trust and good communication between counselor and client.

CONFIDENTIALITY: By law and professional ethics, your sessions are *strictly confidential*. Generally, no information will be shared with anyone without your written permission (including family members, church pastors, etc.). ***There are however, a few exceptions to the rule of confidentiality:*** 1) when sexual, physical, or emotional abuse of a child or senior citizen is disclosed, 2) when any life (including the client's) is believed to be in danger, 3) when a crime against person or property is threatened, 4) when court proceedings require testimony or release of information, and 5) when the client uses a third party payer (e.g., an EAP) that requires the reporting of session details. In the above exceptions, only the required civil authority(ies) will be notified.

I understand that communicating via the Internet is not 100% secure. I have read what Skype™ writes about its level of security and encryption (www.skype.com/security/safety/safety.html#privacylevels) and I am comfortable using Skype™ for my counseling sessions. I agree that New Day Christian Counseling should not be held responsible in the event that any outside party passes Skype's™ security and discovers personal or confidential information.

APPOINTMENT and CANCELATION FEES and POLICIES: The initial consultation is always free of charge. Sessions thereafter cost \$75.00 (GST included) and are payable by cash or cheque in the office or by PayPal™ on the website. If you are unable to make a scheduled appointment, you are required to give 48 hours notice (You may email notice or leave a message on your counselor's personal and confidential voicemail.). With the exception of emergencies, no-show sessions that are not cancelled according to policy are billed at your regular session rate. If you miss a session, you will be contacted to reschedule or discuss further options.

AFTER-HOURS EMERGENCIES: New Day Christian Counseling is not open after hours. In case of emergency contact your primary care physician, visit the hospital emergency room, or, where available, call 911.

TERMINATION: Ideally, termination occurs when the presenting problem is resolved. You have the right however, to terminate or take a break from counseling at any time without your counselor's agreement or permission. Usually, when termination is in view, it is a good idea to discuss the progress made, review and consolidate gains, and focus on further ways that your knowledge and skills can be adapted and used in life.

If termination occurs without the presenting problem resolved, your counselor will be glad to discuss alternative treatments with you or offer you a referral.

JURISDICTION: New Day Christian Counseling is located in Charlottetown, Prince Edward Island, Canada. Counseling laws and policies differ from province to province and state to state, and it is not possible for one counselor to be familiar with all such differences. Therefore, the client agrees that all issues related to the counseling experience will be governed by and resolved by the appropriate Prince Edward Island authorities.

I have read, understood, and agree to the information and policies described in this form.

Client signature:

Date:

Client signature:

Date: