

Consent to Service Form

The therapists at Northern Star Tri-Cities Counselling adhere to the code of ethical conduct and standards of clinical practice outlined by the BC Association of Clinical Counsellors. Our therapists use a variety of therapeutic counselling approaches and orientations.

There are many of benefits of clinical counselling such as gaining personal insights, learning new ways to solve or cope with life's challenges, the development of new skills, and changing difficult behaviours. There are also risks of associated with counselling. Some of these risks include but are not limited to: Discussing difficult topics, recounting memories, triggering emotions, and changes in perceptions and behaviours.

Your therapist will collect and use personal information to complete an assessment and treatment plan tailored to each individual's personal needs. Information from other agencies may be requested and a release of information will be needed and signed by the client to either give or receive this information. Personal information will be kept in a secure and locked location.

If necessary, your therapist may seek supervision/consultation with colleagues regarding their practice to ensure competence, best practice, and to support you as effectively as possible. Client confidentiality will be preserved in this consultation.

Clients have a right to access the information in their clinical records. A written request signed by the client will be needed and up to a one month waiting period may occur.

Clients have the right to ask any questions about the service or your therapist's training and experience.

Any person has the right to refuse services or therapeutic modalities and to withdraw consent to services at any time during the counselling process. You may also request a referral elsewhere at any time.

Fees for service are due in full the at the beginning of the session. Please give a minimum of 24 hours notice to change or cancel an appointment. Missed appointment fees are payable by credit card at a rate of 50 percent of the session. A credit card will be kept on file to charge if this occurs.

All information and topics discussed by the client to the counsellor will be kept confidential. However, there are some limits to confidentiality. These limits include reported or suspected abuse to a minor, risk of harm to self or others, imminent dangerous use of a motor vehicle, or when ordered to by a court of law.

