## Northern Star Tri-Cities Counselling, Inc.

www.northernstarcounselling.com

## **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.

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Please note that email and text message is not a secure form of communication and if communicating in this manner, you acknowledge the risk. You may inform your counsellor regarding the modes of communication in which was agree or disagree to use.

I, \_\_\_\_\_\_, have been explained informed consent and the limits of confidentiality. I understand that the limits of confidentially include implied risk of harm to self or others, disclosed abuse to a minor under the age of 18, dangerous use of a motor vehicle, or if your personal information is subpoenaed by a court of law.

I am over the age of 18 and able to provide informed consent for myself. Or I am the parent/guardian of a minor under the age of 12 and giving my informed consent.

I have been explained both the risks and benefits of counselling and that I have the right to speak openly and honestly with my therapist.

I understand that can end counselling, request another counsellor and/or refuse any requests or suggestions made by my counsellor at any time.

Client Name (print)	Signature	Date
Therapist Name (print)	Signature	Date

Please note there is a 24-hour cancellation policy with Northern Star Tri-Cities Counselling, INC. Please sign your name to acknowledge there is a 50% fee of services for anything less than 24 hours notices to change or cancel your session.

Signature