

GENTLE LION COUNSELLING AND CONSULTING
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 778-688-4522

DISCLOSURE and CONSENT TO COUNSELLING

About This Form

- At your first session the counsellor will go over this form with you and ask you to sign it. It outlines your rights and responsibilities during and after treatment, and the rights and responsibilities of the counsellor.
- By discussing the rights and responsibilities for you and the counsellor, you will have a better idea what to expect from the counsellor and what the counsellor may expect from you.

The Counsellor

- I hold a Master's degree in Counselling Psychology from City University of Seattle (Vancouver Campus). I am a Registered Clinical Counsellor (RCC# 2856) with the British Columbia Association of Clinical Counsellors.
- I am bound by the Association's Code of Ethical Conduct and Standards of Clinical Practice

Counselling Practice and Philosophy

- I work with chronic pain, chronic conditions, loss, grief, depression, anger, worry, stress, as well as life and relationship challenges.
- I think that each person coming to therapy is unique, attempts to do the best possible with the resources available, has wisdom, creativity and strength, and is the authority in their life.
- I think that doing counselling means providing a safe place for you to tell your story, for us to have a conversation and to work together.
- I will be happy to answer any questions you may have about the counselling therapies that I practice.
- Doing counselling may bring forward uncomfortable or unexpected feelings, thoughts, or recollections for you. Working with these is part of doing counselling. Counselling may also invite you to examine difficult topics or times in your life, to experience stronger than usual emotions, or to try out new and different behaviours.

A counselling relationship is intended to be professional and respectful of your dignity as a human being.

You have a right to Voluntary participation, Confidentiality, Access to your file, and participation in determining your Course of therapy.

Voluntary Participation and the Right to Refuse

- You have a right to participate as much or little in the counselling process as you choose.

- You have a right to question, ask for an explanation of, or to refuse any task, exercise, assessment tool, or other intervention that I suggest.
- You have a right to stop at any time. If you wish to stop working with me, or if I am unable to help you, I have a responsibility to inform you about other practitioners and I have a responsibility to offer you an appropriate referral. You do not have to accept that referral if you do not wish.
- If you have been required by a third party to attend counselling sessions and choose not to work with me, I have a responsibility to notify the third party that you have stopped.
- If you are also working with another counsellor, please inform me. This is to help both counsellors coordinate practices, if needed, and to avoid confusion and conflict. [See Confidentiality].

Confidentiality

- The counselling relationship is intended to be a safe and private place where you can say freely whatever you feel you would like. Information you share with me will be kept confidential. It will not be disclosed without your consent.
- However, there are some exceptions to confidentiality. In the following situations I am responsible to disclose information:
 - If you disclose information that indicates you may be a threat to yourself or others.
 - If you disclose information that indicates a child [under age 19] or a vulnerable adult is at risk for neglect or physical or sexual abuse.
 - If you are, or become, involved in a legal case, the court has a right to subpoena your clinical record.
 - If fees are paid by a third party.
- I will inform you if I need to make an exception to your right to confidentiality.
- I am under clinical supervision with an experienced and qualified therapist. If I need to discuss therapy with a professional colleague, or in any other professional context, your identity will be disguised.
- If I wish to record a session with you, I will ask you in advance and discuss the details with you. If you consent, I will give you a separate form to sign at that time.

Your File

- Your file is maintained under the provisions of the Personal Information Protection Act (BC January 1, 2004).
- Your file is owned by the counselling agency. It is kept in a secure place. It is kept for seven years after the end of contact.
- You own the contents of your file. You can ask to see your file at any time. You can ask for a copy of your file for yourself or to be given to another professional. You can request that I correct any error in your file.
- Your request to view, copy, or correct your file must be in writing and the request will be added to your file.

Course of Therapy

- The course of therapy you can expect during your time with the counsellor will have many influences. We will begin to discuss your goals and course of therapy at the first session.
- At each session we will discuss whether the counsellor is helping you and is meeting your expectations. Based on our discussions we will make any changes to the course of therapy that might be helpful for you.

Appointments

- Each appointment will be set for a date, time, and length of session that is agreed to by both you and the counsellor.
- Counselling sessions are normally 60 minutes long, but a shorter or longer time can be arranged ahead of time.
- You are responsible for coming to the session on time, at the arranged time and date.
- Sessions will end at the scheduled time, so as not to run into the scheduled time for the next person.
- A session can go overtime, if both you and the counsellor agree. You will be charged for the extended time. [See Fees].
- If you are late for an appointment, the counselling session will still end at the scheduled time.
- If you would like to change an appointment time, or are not able to come to a scheduled appointment, please give 24 hours notice [**778-688-4522** or info@gentlion.com] so that your time is available for someone else.
- If you miss an appointment without letting the counsellor know, or with less than 24 hours notice, you will be billed for the scheduled time. [See Fees].
- If I am planning to be away from my Practice, I will tell you ahead of time. I will give you the name and contact information for the person replacing me.

Contact with the Counsellor between Appointments

- You can contact me between appointments at this number **778-688-4522** or e-mail info@gentlion.com. I will respond to your call within 24 hours.
- If I am not available, my answering message will say so and will give the number of another counsellor to contact.
- If you are experiencing a crisis or emergency, you can call me, or one of these numbers:

Crisis Line 604 872-3311 or 1-866-661-3311

BC Crisis Line for Suicide 1-800-SUICIDE

Victimlink 1-800-563-0808

Kids Help 1-800-668-6868

BC NurseLine 811

911

Fees

- Fees are based on a session of 60 minutes.
- Other times will be pro-rated. Counselling over the telephone will be billed the same way.
- Payment can be by cash or cheque. You will receive a receipt for each payment.
- The fee is payable before the session begins.
- If three sessions are unpaid, counselling will stop until the outstanding bill is paid.
- Bills outstanding for more than three months may be sent to a collection agency.
- If you find that you cannot pay for a session, please discuss this with me. We will attempt to make a plan that works for both of us.
- I review my fee schedule annually and will give you advance notice of any changes.

Counselling Relationship

- The counselling relationship is a professional relationship. Social and business relations between the counsellor and a client are discouraged by professional codes of ethics. This applies during sessions and outside of sessions, and continues after counselling ends.
- If you have concerns about your work with me, you are welcome to discuss them with me. If, at any time, you have a complaint about my professional conduct you can contact the

Chair, Inquiry Committee
BC Association of Clinical Counsellors,
14 – 2544 Dunlevy Street, Victoria, BC, V8R 5Z2.
1-800-909-6303 hoffice@bc-counsellors.org

Consent to Counselling

The counsellor has read over and discussed this *Disclosure and Consent to Counselling* form with me and has answered my questions and comments to my satisfaction. I understand, and accept, the conditions stated on this form.

Client's signature.....Date.....

Counsellor's signature.....Date.....

I have received a copy of this *Disclosure and Consent to Counselling* form for my own records (initial).....