

CONSENT FORM

This form will help you understand the counselling process and assist you in feeling more comfortable about counselling, its benefits, risks, and possible outcomes.

We will go through this form together. If there is anything you do not understand please let me know and I will try to help you better understand it.

About me: I am a trained Medical Doctor and Cognitive Behaviour Therapist, with a Masters in counselling psychology. I have over 10 years experience in counselling and extensive training in CBT.

I work with various age groups and I am here when you need someone to talk to. I believe talking can help people sort out their feelings, and help them do things that are more positive. I know that each person is unique and special, and has something to offer. I want to help you discover your strengths and help you learn to build upon them. I am willing to help you to talk about whatever you feel will help you – even the tough stuff. My approach is to provide a safe and comfortable environment for us to know each other better so you gain trust and the courage to work on your issues. I know many support services we can access if additional help is required.

The time we spend together will provide you with an opportunity to work through challenging situations. I will keep everything you tell me in the utmost of confidence except:

- o If you give me permission to tell your personal information to others, who may be able to help you (i.e.: teachers, parents, other professionals).
- o If there is a risk of you harming yourself or someone else (I will seek appropriate assistance for you).
- o If you tell me or I suspect someone is hurting your physically, sexually, or emotionally (I will contact the appropriate services and/or the police)
- o If I am legally obligated to do so (Court ordered to testify)

What's not so great about counselling, the possibility of dealing with intense emotions like helplessness, insecurity, fear and anger. Also, other people may not support your efforts, nor is there a guarantee that counselling will successfully change the problem you are having.

What's positive about counselling -- the possibility of feeling better about yourself and your life; learning how to solve your own problems; and, getting along better with other people. Counselling is voluntary. If you prefer to see another counsellor at any time, I will assist you with this.

I also want you to know that I keep written records of all of our sessions with a few details of what we talk about. These records are available for you to see upon written request. All records are kept for seven (7) years after which they are destroyed.

Other issues regarding consent that were discussed: _____

I have read this form and I understand what it means. I agree to receive counselling from Rena Roy, M.B.B.S., M.A., CCBT.

Signature of the Client: _____ Date: _____

Dr. Roy: _____ Date: _____