

INFORMED CONSENT FOR FAMILY COUNSELLING

We are about to embark on a journey of the counselling process together and there are some things to note before we begin regarding my background and the nature of our professional counselling relationship.

I have a Master of Arts degree in Counselling from Providence Theological Seminary and am an Associate Member of the PACCC (Professional Association of Canadian Christian Counsellors).

I approach the counselling relationship and journey from a spiritually-based worldview which influences how I come alongside you. In making you aware of my basic beliefs, you are under no obligation to share my beliefs that:

- 1) everyone is created in the image of God;
- 2) people and the world in which we live are in a damaged or broken state;
- 3) God is in the business of restoration; and
- 4) part of life is learning to live with tainted or broken people and in a tainted or broken world.

Counselling involves *you*—telling your story; *me*—listening from the outside looking in; and *together*—working through possible options and their outcomes for you to decide how to change how your story goes from here.

You are the experts on your own family. Each member is a participant that affects all the others. As a family, you must make decisions on how you will interact with each other. I will join in your family dynamics to help with the process by observing how you interact; asking questions; challenging thought, behaviour, and communication patterns; providing support; introducing new skills; and being a sounding board for you. This is just one stretch of your family's journey. The aim is that, after our time together, you will be better prepared to handle difficult stretches using your own resources.

Sessions will be an hour to an-hour-and-a-half in length at the introductory fee of \$95 per session and subject to re-evaluation on an annual basis. Counselling can be arranged for a certain number of sessions or on a one-session-at-a-time basis. The family is responsible for deciding the duration of counselling based on improvement, comfort levels, and/or budget limitations.

If at any time anyone is uncomfortable for any reason, you are welcome to bring it to my attention for discussion, request a referral, or end counselling whenever you wish to do so.

As a private practitioner, I am not available for on-call or emergency services. Counselling by me will be provided by appointment only. In case of emergency, please contact one of the following:

- Health Link 1-866-408-5465
- Distress Centre Calgary 403-266-1605
- Emergency Ward - Any Hospital: Walk In (or call 911)
- Suicide Line 1-800-784-2433

CONFIDENTIALITY

What is spoken in our sessions stays between us (the family and myself) unless a release form is signed authorizing me to discuss your situation with a physician, pastor, or other specified person. However, on occasion I may consult with fellow professionals about the details of your case, without revealing your identity, to ensure that you receive the best care possible. Measures are taken to respect your privacy.

Three exceptions:

- 1) suicidal or homicidal intentions;
- 2) abuse of children, and/or elderly or disabled persons;
- 3) court order.

Should the topic of suicide, homicide, or abuse come up, we will assess the severity of the situation and what actions need to be taken in order to keep you and those around you safe. These decisions will be made together and any reporting will be done by yourself if at all possible.

I/We have read and understand the informed consent and confidentiality forms.

_____	_____
Client Name & Signature	Date
_____	_____
Client Name & Signature	Date
_____	_____
<i>Barb Zacharias, MA</i> Counselling Therapist	Date