

INFORMED CONSENT

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 Seminary and am an Associate Member of PACCC (Professional Association of Canadian Christian Counsellors).

I approach the counselling relationship and journey from a faith-based worldview which influences how I come alongside you. You are welcome to bring your own worldview to counselling which will likely be different from mine as our unique experiences shape how we view the 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 expert of your own life—you know it best and are thus responsible for it and what you choose and decide. I will join you on the journey to help with the process by asking questions, challenging your thinking, providing support, introducing new skills, and being a sounding board for you. This is just one stretch of your life 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 one hour in length at the introductory fee of \$80 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. As a client, you are responsible for deciding the duration of counselling based on improvement, comfort level, and/or budget limitations.

If at any time you are 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
- Emergency Ward - Any Hospital: Walk In (or call 911)
- Distress Centre Calgary 403-266-1605
- Suicide Line 1-800-784-2433

CONFIDENTIALITY

What is spoken in our sessions stays between us unless you sign a release form 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 have read and understand the informed consent and confidentiality forms.

Client Name & Signature

Date

Barb Zacharias, MA Counselling Therapist

Date