

Introduction to Ina's Mind Body Healing practice

Welcome. *This counselling/healing disclosure form will answer most of your questions about therapy service at my office. Please feel free to ask for additional information or clarification at your initial visit.*

What is therapy and how does it work? *Therapy is the process of solving emotional problems by talking with a person professionally trained to help people achieve a more fulfilling individual life, marital relationship, or family relationships. The process of change will, in many ways, be unique to your particular situation. Who you are as a person will help to determine the ways in which you go about changing your life. The process of change begins by first clearly defining the problem, and then discussing your thoughts and feelings, understanding the origin of the difficulty and developing new skills and healthy attitudes about yourself and others. As the client, you have the right to ask your therapist questions about his/her qualifications, background, and orientation. The most important factor in the success of therapy is good communication between therapist and patient. In some instances, talking about your difficulties may exacerbate your symptoms, however over time you should see an improvement. In addition, not all individuals benefit from therapy or working with a particular therapist. If at any time during the therapy you have questions about whether the treatment is effective, feelings about something I have said or suggested or need clarification of our goals, do not hesitate to bring this up in our session.*

Confidentiality: *By law and professional ethics, your sessions are strictly confidential. Generally, no information will be shared with anyone without your written permission. If you are seeing another therapist or health professional, it may be necessary for me to contact that person so that we can coordinate our efforts. If this is necessary, I will ask for **your permission**. There are a number of exceptions to this rule.*

- ***The first one:*** *if the psychologist believes that there is serious risk of harm to you or to another person, the psychologist has a "duty of care" to inform appropriate people to minimize the risk of harm.*
- ***The second one:*** *exceptions involves court subpoenas of client files whereby the psychologist is legally bound to provide a copy of the file to the courts*
- ***The Third one:*** *the psychologist may discuss your issues with a professional supervisor as part of the psychologist's professional development and to provide you with the best care possible. In most cases, your identifying details will be omitted but in all circumstances, the supervisor will be bound by the same confidentiality requirements.*
- ***The fourth one:*** *You waive the privilege by bringing charges against ina's healing practice*

Help between sessions. *In cases where you have trouble between scheduled sessions, you may telephone Ina and if Ina is available, she may be able assist with a short telephone consultation. In the event that the matter needs a longer consultation, it is at the psychologist's discretion to organize an extra appointment before the next scheduled time or to make some other arrangement.*

Appointment times. Appointment times are made jointly between the psychologist and the client. If you are unable to make the appointment please notify the psychologist with as much notice as possible.

This will enable the psychologist to re-schedule the appointment for the time to be used by other people, and will ensure a smooth operation of the service.

Cancellations: You may call my mobile 24 hours a day, seven days a week to cancel an appointment;

Length of consultation: The standard consultation is 60-90 minutes,

Payment of Fees: It is a policy of this practice that payment for the consultation is made at the time of the consultation (you will receive a receipt at the end of the consultation), can make payment for your Medicare benefit, or health insurance

Terminating Treatment: You have the right to terminate or take a break from your treatment at any time without my permission or agreement. However, if you do decide to exercise this option, I encourage you to talk with me about the reason for your decision in a counseling session so that we can bring sufficient closure to our work together. In our final session, we can discuss your progress thus far and explore ways in which you can continue to utilize the skills and knowledge that you have gained through your therapy. We can also discuss any referrals that you may require at that time.

Counselling under the influence of drugs or alcohol. While it is acknowledged that the use of drugs and alcohol is an individual choice, it is clear that counselling works best if you are not under the influence of drugs or alcohol at the time of the session. You requested to refrain from using drugs/alcohol prior to a counselling session wherever possible.

Please sign this form and keep a copy for yourself for future reference. Should you have questions at any time, please ask.

I//We have read, understand and agree to the information and policies described in this client information form

.....

(Print Name)

.....

(Signature)

(Date and year)