



Informed Consent for Counselling Services

Robert Bruce, M.A. in Counselling, registered CCPA.

Bethesda Family Counselling
Unit B - 4415 29th St, Vernon, BC V1T 5B7
Phone: (250) 500- 4542 Email: robrucer@gmail.com

Welcome to Bethesda Family Counselling ('BFC'). In advance of providing services, we would like to inform you about the counselling process, your rights to confidentiality, some basic terms, and your consent as required under our professional code of conduct. Please read carefully, but feel free to ask if you have any questions.

Counseling Process: Typical session are 50 minutes in length. Your success in counseling will be influenced by your active engagement and motivation toward positive change. Counselling can be very beneficial, and Rob is committed to supporting you through discovering methods to help you overcome whatever challenges you may be facing.

Steps in counseling often include:

- defining the problem
- discussing thoughts and feelings
- understanding the origin of the problem
- moving toward developing new skills and healthy attitudes about yourself and others.

Good communication will enhance our productivity together. It is important that you feel comfortable and free to express yourself fully in session. If you have a concern or wish to discuss your therapy at any point, you are encouraged to ask questions at any time.

Confidentiality: According to professional ethics and law, BFC is bound to strict confidentiality regarding all aspects of your personal life as discussed in session. No information will be shared with anyone outside of the office without your written permission except in the following extraordinary circumstances or where the law requires reporting to prevent harm:

- A court order to testify and/or release available records
- If you are a victim or perpetrator of child abuse
- If there is reason to believe than an elderly, disabled or dependent person is or has been abused
- If there is reason to believe you are threatening harm to yourself, someone else, or the property of another.

Cancellation: If you are unable to keep one of our scheduled appointments, please contact Rob at least 24 hours prior to the appointment. Please phone (250) 500-4542 (during regular office hours), or email robrucer@gmail.com to notify and discuss possible rescheduling.

Billing: BFC uses a trusted online billing service. You will receive an invoice after each session. Feel free to ask any questions regarding our billing process. If your employee benefits program provides insurance coverage for counselling services, please let us know in advance for correct billing.

Termination: You are free to discontinue your counselling sessions at any time or you may request a referral for specific care needs. If you wish to discontinue your counselling, you are encouraged to discuss your decision in a 'final session'.

Disclosure Consent: By signing below, you give consent to allow for peer reviews, as required from time to time, which may include the reviews of any forms, session records, or advice given by BFC to ensure ethical and professional standards are being followed. To uphold confidentiality, any personally identifiable information will be redacted prior to disclosure.

I have read, understood and agree with the process and terms described in this consent form.

Print Name

Signature

Date