

# Julia Kristina Counselling

## COUNSELLING INFORMED CONSENT

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### ABOUT ME:

My name is Julia Kristina Mah and I am a Registered Clinical Counsellor, #3947. I hold a Masters Degree in Counselling Psychology, and a Bachelor of Arts Degree in Psychology and Linguistics. Please carefully read over the following information and we can discuss any questions you may have.

### WHAT IS CLINICAL COUNSELLING?

Clinical counselling helps people improve their emotional, psychological, mental, and physical health while moving toward and creating more positive and fulfilling relationships with oneself, others, and ones larger community. The building of a trusting and comfortable relationship between client and counsellor is important as counselling may cover topics that are difficult to talk about out loud. Questions or comments on the counselling process are welcome at any time.

### BENEFITS OF THERAPY:

Therapy can help a person gain a new understanding about his or her situation and acquire new ways of coping with and solving their problems. Therapy can help a person develop new skills and change behaviour and thought patterns that may be unhelpful or even detrimental. Therapy can contribute to and create increased happiness, wellbeing, and understanding of oneself and others.

### RISKS OF THERAPY:

While there are significant and powerful benefits to therapy, there are also some potential risks. Therapy may stimulate memories, evoke strong feelings, and create changes in awareness that may alter one's self-perceptions and ways of relating to others. Sometimes this can cause some distress and some people may even feel worse before they feel better. This is especially a concern for clients who have been through trauma. It is important to understand that therapy is a process that often involves some ups and downs and can also sometimes be hard work. That said, you are encouraged to continually discuss any thoughts or concerns you are having with me, your therapist.

### CONTACTING AND COMMUNICATION:

I can be reached by phone from 10am to 7pm Monday through Friday at **604-771-3420**. However, if I am not available at the time you call, I encourage you to leave a detailed message. Alternatively I can be reached by email at [julia@juliakristina.com](mailto:julia@juliakristina.com). Messages will be responded to within 24 hrs or the next business day (i.e. calls/emails late in the day Friday, may not be responded until the following Monday).

Also in order to protect your confidentiality, if we are to see each other in public, outside of the office, I will not acknowledge that I know you. You are welcome to say hello, and of course I will say hello back but please know that **you** would need to initiate the interaction. If you would prefer to act as strangers in public, this is totally fine and I completely respect that.

### AFTER HOURS POLICY:

If a client is in distress between sessions they are encouraged to contact the **VANCOUVER CRISIS CENTRE AT 604-872-3311 OR 1-866-661-3311**. Crisis Counsellors are available 24hrs / 7 days a week for support.

### COLLECTION AND STORAGE OF PERSONAL INFORMATION:

Storage and collection of client information is in accordance with the personal information protection act (PIPA) and in accordance with the BCACC guidelines. If you have any questions regarding this, please talk to me directly.

### FEES:

Counselling fees are \$140 for individuals (includes GST). Each session is 55 minutes in length. Longer sessions are also available by request and are charged \$35 for each 15 minute increment. Telephone/Skype sessions or consultations are charged at \$35 for each 15 minute increment.

Payment is made at the beginning of each appointment by either **cash, cheque or email money transfer**. A \$35 fee, plus any bank fees incurred, will be charged for NSF cheques. In the case of payment not being made before the

appointment or at the appointment time, clients will be charged a \$10 fee per unpaid session for each full or partial month that they have not paid. Clients have 30 days before this fee will begin to accumulate.

**CANCELLED AND/OR MISSED APPOINTMENTS:**

**A minimum of 48 hours** must be given for the cancellation of appointments otherwise, the full session fee will be charged. There is a high demand for services and your session time is reserved exclusively for you.

**LIMITS OF CONFIDENTIALITY:**

Information about counselling sessions will not be released to anyone without your informed, voluntary, and written consent except if one of the exceptions to confidentiality (as outlined below) have occurred. Otherwise, ALL is kept strictly confidential.

**EXCEPTIONS TO CONFIDENTIALITY ARE:**

1. When you may be a serious danger to yourself or others
2. When there is suspicion or disclosure of abuse of vulnerable persons, such as a child, or elderly person
3. When counselling records are subpoenaed by court order
4. When responding to a medical emergency on your behalf

**\*PLEASE CONFIRM BY INITIALLING HERE THAT YOU HAVE READ AND UNDERSTAND THESE EXCEPTIONS TO OUR CONFIDENTIALITY \_\_\_\_\_**

Every reasonable effort will be made to discuss these circumstances with you prior to the involvement of other professionals.

An additional exception may be made if the counselling is being paid for by a third party (such as an EAP or CVAP). This will be discussed with you at the onset of counselling.

**ADDITIONAL CLIENT RIGHTS:**

- Clients have the right to withdraw this consent at any time. Please provide this in writing wherever possible.
- Clients have the right to refuse particular counselling interventions.

**CLIENTS WITH ADDICTION CONCERNS:**

Clients must not be affected by substances at the time of the counselling appointment. This typically requires that a client is sober for the 12 - 24 hours before the time of the appointment.

**PERMISSION TO CONTACT BY EMAIL**

Occasionally I send out news and updates about my counselling practice, or about upcoming workshops or groups that I offer. Your initials here indicate that you give your consent for me to send correspondence of this nature via email from time to time. \_\_\_\_\_

**GOOD FOR ME BLOG**

I write a blog on my website about things I am researching and learning in the field of psychology, wellness, and personal development. In between our sessions if you'd like to learn more about common struggles many people encounter and how to work through them you can visit **[www.juliakristina.com/blog](http://www.juliakristina.com/blog)**

**I HAVE READ, UNDERSTAND, AND AGREE WITH THE ABOVE**

\_\_\_\_\_  
Client Name – please print

\_\_\_\_\_  
Client Signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Julia Kristina Mah, MA, RCC

Date: \_\_\_\_\_

I LOOK FORWARD TO WORKING WITH YOU.