

CONSENT TO TREATMENT & CLINIC POLICIES

COUNSELLING is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and to learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist, who has a desire and willingness to help you accomplish your individual goals. Counselling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counselling, there may be periods of increased anxiety or confusion. The outcome of counselling is often positive; however, the level of satisfaction for any individual is not predictable.

CONFIDENTIALITY:

- Information shared in counselling or consulting sessions is confidential, and will not be shared with others without your written permission and informed consent. Your therapist will not share anything about you, the nature of information shared in session, or even that you were present at session without your explicit consent.
- Personal information and session notes will be stored in a locked filing cabinet. As per industry standards, notes will be kept for 7 years – at which time inactive client files will be securely disposed of.
- As part of professional development, your clinician regularly consults with a supervisor. Supervisory relationships are also covered by limits of confidentiality, and no identifying personal details are shared.

LIMITS TO CONFIDENTIALITY:

- If you share desires or plans to cause serious harm or death to yourself that your therapist believes could be carried out in the near future, your therapist is required to take steps to ensure you are safe. This may mean breaking confidentiality and notified a third party who can assist in keeping you safe.
- If you share about intent to cause serious harm or death to someone else who can be identified, or if you disclose information that suggests you are presently causing harm to another, your therapist may be required to disclose such intent or actions to appropriate parties, and may request assistance from other agencies or authorities to ensure that the safety of others is upheld.
- In the event that session notes are requested as part of legal proceedings, your therapist would be required to share documentation that is pertinent to the request.
- Please note that phone calls/emails/online messages are not guaranteed to be entirely confidential. By electing to share information via these platforms, you are acknowledging that you understand the risks of these forms of communication.
- In the event of an emergency for your therapist that prevents her from managing affairs, all professional matters will be handled confidentially by Alana Buller of Whole Heart Counselling Therapy, a fellow CCPA certified therapist and professional power of attorney for Sabrina Friesen.

EMERGENCIES

- Please note that Sabrina is not available for emergencies. In the event of a mental health emergency, it is recommended to contact Klinik’s emergency line at (204) 786-8686 or go to your nearest ER, or the Crisis Response Center at 817 Bannatyne Avenue at Health Sciences Center in Winnipeg.

PAYMENT

- Private therapy services are not covered by Manitoba Health, and are the responsibility of the client.
- Sessions are billed at \$120.00 based on a 55 minute session. Payment is due at the time services are rendered, and may be paid via cash, cheque, Visa, or Mastercard, or e-transferred prior to session to sabrina@bloomcounselling.com. E-transfers would be deposited only after session is complete.
- Travel time, phone conversations, or letters written on your behalf that require more than 15 minutes will be billed to you based on the hourly fee.
- No direct billing services are offered to private health care providers. Please keep receipts issued for submitting to your provider.

MISSED SESSIONS

- Bloom has a **24-hour cancellation policy**. With 24 hours or more notice no fees will be charged to the client. With **less than 24 hours notice**, please note that **50% of the session fee** will be billed to the client. If a client fails to show for a scheduled session, this is billed as a **no show** and a **full session fee** will be incurred.
- Clients will not be permitted to book future sessions when there are outstanding fees on their account.

I understand that as the client, I am in charge of my treatment – and that I have the right to ask questions, refuse to participate in specific tasks, or end therapy at any point. I also recognize that I am at liberty to share as much or as little as I feel safe and able.

I have read and discussed the above information with my therapist. I understand the risks and benefits of counselling, the nature and limits of confidentiality, and what is expected of me as a client of Bloom Counselling & Consulting.

Signature of Client

Witness

Date

Date