

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 activating, and as such it requires significant personal commitment on the part of the client, and often a willingness to tolerate some distress in the service of learning new ways of moving in the world. It's important to note that during the course of counselling there may be periods of increased anxiety or confusion that can be uncomfortable; if pacing doesn't feel right this is something that can be addressed with your therapist and together you and your therapist can work toward skill building and working together in a way that is supportive and manageable. While the goal of therapy is to achieve positive outcomes, and often therapy produces such, it is a complex process and the level of satisfaction for every client is not predictable. In order for therapy to be successful, it is often necessary for clients to work at employing self-regulatory skills in order to manage therapy material that may emerge outside of session. If these skills are not present at the onset of therapy, development of such may be a pertinent starting point at which to begin.

As the client, you have the right to refuse particular therapeutic modalities or interventions, and have the ability to withdraw consent to counselling at any time. Not every client/clinician pairing is a match, and the efficacy of therapy is strongly correlated to the working relationship you have with your therapist. Please note you also have the right to file an ethical complaint with the CCPA should you have concerns about your therapist acting in an unethical manner at any point in your work together.

You may find more information about ethical concerns here: <https://www.ccpa-accp.ca/ethics/>

SABRINA FRIESEN is a master's trained therapist, and Canadian Certified Counsellor (CCC) with the Canadian Counselling and Psychotherapy Association (CCPA), #10002048. She is also a certified provider of EMDR and is a member of EMDRIA and operates primarily from an EMDR, trauma-informed, attachment based, systems-oriented lens. Her role is to support you in the development of self-understanding and insight, utilizing clinical theories, in the service of assisting you to reach your stated therapy goals. Support is offered within the therapy room, at a pacing determined in consultation with your therapist. Sabrina operates from the perspective that the role of the therapist is to support the client towards greater self-efficacy, personal autonomy and responsibility, and aims to see clients become more resilient and autonomous as a result of working together. Therapy is ultimately a learning and growing environment, and is not an adequate substitute for friendships, family relationships, or broader social networks – though it is a space where a client can be supported to address these arenas in their own lives.

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, or even that you were present at session without your explicit consent – and as such requires written authorization to share information with third party payees, doctors, etc.
- 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 therapist regularly consults with a supervisor and EMDR consultant. Supervisory relationships are also covered by limits of confidentiality, and personal details are kept to a minimum.

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.
- 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 or emails are not guaranteed to be entirely confidential. By electing to communicate via these platforms, you are acknowledging that you understand the unsecure nature of these forms of communication.
- In the event of an emergency that prevents your therapist from managing her 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.

SOCIAL MEDIA & THE THERAPEUTIC RELATIONSHIP:

- In an effort to build strong, trusting relationships – it is necessary to address social media at the onset of therapy. Please note that social media is not secure form of communication, and Sabrina will not engage in clinical dialogue with clients via social media platforms (ie: Instagram, Facebook Messenger, Twitter, etc.).

- Clients are welcome to follow or engage public social media pages, yet it is acknowledged that Sabrina is utilizing those pages for marketing or professional purposes – and not operating in those spaces as your counsellor. As such, it is requested that clients choose to address therapy concerns in session, by phone, or via email for quick, administrative issues.
- Sabrina will not follow or friend clients, nor accept friend requests from clients on any social media platforms (Facebook, Twitter, Instagram, LinkedIn, etc).
- Public posts or thoughts shared on social media platforms are personal reflections of Sabrina, and not an avenue of communicating to or about clients. While content of a post may or may not resonate with your own personal journey, please note that posts are not about clients or their specific work. If you find content online problematic, Sabrina would invite you to bring that up in session – or unfollow so that social media does not interfere in your therapeutic work.
- Please be advised that Sabrina will not use search engines to gather additional data about her clients, barring situations where life-threat/emergency warrants such action. Should clients find themselves in possession of information about Sabrina gleaned from an online search that hinders the therapeutic relationship, it is recommended to address such concerns within the therapy room.

EMERGENCIES

- Please note that Sabrina is not available for emergencies outside of session. 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.
- In the event of recurrent emergency situations, please notify Sabrina in session and the development of adequate supports and stabilization skills will be addressed within therapy, and the pace of therapy may be adjusted to accommodate safety outside of session.

COMMUNICATION

- Two way communication about therapy related content is expected to take place within the therapy room. In the event of scheduling issues or administrative questions, email or a phone message can be appropriate – though responses may not be received with immediacy.
- Invoices and appointment reminders are sent via email; should this pose any concerns for you please address this with Sabrina.
- At times, articles or relevant follow up data may be sent via email by Sabrina, with client permission.
- As part of responsible EMDR therapy, particularly at the beginning of processing work, Sabrina may invite clients to follow up via phone or email after a session *should concerns or anything out of the ordinary arise* in the wake of processing. This ensures client safety and wellbeing as we undertake and establish a rhythm with a new therapeutic modality.

PAYMENT

- Private therapy services are not covered by Manitoba Health, and are the responsibility of the client.
- Sessions are billed at \$140.00 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