

Counselling Consent and Confidentiality

Please read carefully

Counselling therapy is a confidential process aimed at helping you address important concerns in your life, to develop a greater understanding of yourself, your life, and implement new skills and perspectives to help nurture a more balanced and wholesome way of being. The foundation of this work is based on a supportive, honest, and respectful relationship with your therapist, who has the training, experience, and desire to help you establish and reach your personal goals.

The initial session with your therapist will involve information sharing and collaborative development of an action plan to help guide the counselling process. This action plan may involve psychological education, cognitive processing, behaviour activation, individual study, relaxation and coping strategies, or a combination of these to ensure you are receiving a well-rounded and holistic approach to your healing. It is possible that at some counterpoints in the therapeutic process, increased anxiety, confusion, or emotional reaction may take place as you work toward your healing. This is completely normal and typically vital to the therapeutic process.

Confidentiality

All information, interactions, scheduling, attendance, content of sessions, progress in therapy, and records are confidential. You have the right to obtain any of the above information at any time, with the signing of a “consent to release information” form that your therapist will provide. All documentation of your personal file is stored securely by your therapist. Records are securely destroyed after 10 years following termination of therapy.

If you have any questions about this process, please do not hesitate to discuss details with your therapist at any time.

Limits of Confidentiality

Your therapist has the protection of your privacy at heart, but is ethically obligated to disclose information to the proper authorities under the following conditions:

- There are reasonable grounds to believe that there is a risk of imminent harm to you, or specified others, including the abuse of children,
- If there is reason to believe that a member of a regulated health profession in New Brunswick has sexually abused a client or minor,
- A court subpoena.

Your personal information is not shared without you being notified under any circumstance.

Access to Forest Office and Assumption of Risk

I understand that in-person counselling sessions are conducted in a private office located on a wooded property. Access to the office requires walking on uneven terrain, natural ground surfaces, inclines, steps, possible tree roots, gravel, snow, ice, mud, or other outdoor conditions that may vary with weather and seasonal changes.

I acknowledge that accessing the office involves risks commonly associated with walking outdoors and on natural terrain, including the risk of slips, trips, falls, or other minor injuries. I confirm that I am physically able to access the premises and agree to exercise reasonable care for my own safety while travelling to and from appointments.

By choosing to attend sessions in person at this location, I voluntarily accept these inherent risks. I understand that the therapist will take reasonable steps to maintain a safe and accessible environment but cannot eliminate all risks associated with outdoor and natural walking surfaces.

If I have concerns regarding mobility, balance, accessibility, or safety, I agree to discuss these concerns with the therapist before attending an in-person session so that alternative arrangements, including virtual services, may be considered.

Tele-therapy and E-Counselling

If you are unable to participate in therapy in-person for any reason (travel limitations, weather conditions, personal reasons), phone or video sessions can be provided within a secure, private platform (Psychology Today or Zoom Professional). If you wish to proceed in counselling via video or phone, it is important that you can find a quiet, uninterrupted space to conduct the session.

Fees

- 60 minute session: \$160
- 75 minute session: \$ 200
- 90 minute session: \$240

Note that all uninsured Counselling Therapy costs are able to be claimed on your Annual Income Tax Return in Canada. Please keep receipts for your records.

Social Media

It is entirely possible that you may come across your therapist on an online platform (Facebook, Instagram, Twitter, etc.). Please note that your therapist is governed by ethical guidelines that prevent them from connecting on these social platforms so not to risk a breach of confidentiality.

Cancellation Policy

If you need to cancel or reschedule an appointment, please advise your therapist via phone or email 24 hours in advance. If less than **24 hour notice** is provided, a \$45 cancellation fee will be charged. Please cancel on Friday for appointments scheduled for Monday- if possible. **If you need to cancel or rebook your appointment:**

Email: nicolebreentherapy@gmail.com

If your therapist has reason to be concerned for your wellbeing and/or you fail to attend an appointment, a follow up call will be issued to check in on your wellbeing.

Please note, your therapist views calls and texts after hours as an *invitation, not obligation* to respond to, unless there is a crisis situation the therapist has been made aware of. It is likely that your therapist may be “unplugged” outside of regular hours and will respond as soon as possible.

By signing below, I agree and understand the above information, expectations, purpose, benefits, possible risks, emergency procedures, cancellation policy, and confidentiality policies. I hereby consent to participation in the counselling process with *Canadian Certified Counsellor (CCC), Licensed Counselling Therapist (LCT), and Clinical Hypnotherapist (C.Hyp), Nicole Breen, BA Honours, MA Counselling Psychology.*

Client Name (Printed):

Client Signature:

Date:

Counsellor/Therapist Name: Nicole Breen

Counsellor/Therapist Signature: 

Date:
