Informed Consent

About Therapy:

• Participating in therapy can help you learn more about yourself and others, and develop skills and understanding that help you handle your problems and feelings, as well as nurture your true potential.

• While there are no guarantees, coming to therapy should help you feel better and produce beneficial results.

• The best results occur when appointments are regularly scheduled and attended.

• You know therapy is working when you feel less worried, afraid, angry, depressed or anxious; problems are being resolved; relationships are improving; and you are feeling better about yourself and your decision making has improved.

My Commitment to You:

• I will act with integrity and honesty in everything I do for and with you.

• Appointments are $160 for a 60-minute individual session, $190 for a 60-minute couple consultation or $225 for a 90-minute couple consultation.

• Phone consultations or emails requiring longer than 10 minutes will be debited prorata against your account.

• I offer a 10% discount for 6 sessions booked in advance and pre-paid. You may choose this at the end of the initial consultation or at anytime in our work together.

• Counselling fees are not reimbursed by private health funds or Medicare. Consultations related to your employment may be tax deductible. Please ask.

• I will be open to your feedback and adjusting my approach in our work together.

Your Commitment to Me:

• You will be open, frank and honest with me at all times and let me know immediately about any concerns you have about our work together.

• You will give me a minimum of 24 hours notice if you need to change your appointment.

• **You understand that if you are late, give less than 24 hours notice or forget your appointment, you will still be charged the usual fee, due to this time having been set aside for you.**

• You understand that even though I use email confirmation and auto-SMS reminders, you are responsible for attending your appointment. This means that you will be billed even in the event of this technology not working or reaching you, and you do not attend.

• You will pay your account after each session, unless prior arrangements have been made for electronic funds bank transfer. Payments accepted are cash, VISA, Mastercard or Eftpos.

• Therapy can end for many reasons, however when therapy ends it is important to have a final session scheduled following a notice of therapy cessation.

• As part of my duty of care, I may make a follow-up call up to three months after the cessation of therapy to check on your progress and well-being.

Confidentiality:

• I take your privacy seriously. All information disclosed within your therapy sessions remains strictly confidential, unless, you give me written permission to speak to another health professional; I am required to disclose by the law; or I believe that you are at risk of harming yourself or others.

• Current child abuse is reportable by law.

• I attend regular supervision where I may discuss your case with my supervisor or consultant; however I will always maintain your anonymity.

• I attend regular professional development so that you may get the best possible help.

• I will keep encrypted case notes of your session on a secure password protected computer and will delete these after 7 years.

• Email is not 100% securely confidential. Please only use email for making or changing appointments and avoid disclosing any information that you would not want publicly known.

Dual Relationships:

• A dual relationship is when two or more simultaneous roles are part of interactions between two people e.g. boss/friend or husband/work colleague. Not all dual relationships are unethical or avoidable, however dual relationships between therapist and client can compromise the therapy.

• Sexual involvement between therapist and client is never part of the therapy process, nor are any other actions or dual relationship situations that might impair my objectivity, clinical judgment, or therapeutic effectiveness or that could be exploitative in nature.

• I will never acknowledge working therapeutically with anyone without his/her written permission. In some instances, even with permission, I will preserve the integrity of our working relationship.

• To preserve the integrity and confidentiality of our relationship I will not accept any invitations via social networking sites such as Facebook or Twitter, nor will I respond to blogs written by clients or accept comments on my blog from clients.

• Please be aware that if you post on my Facebook business page, you may inadvertently be disclosing you are or have been a client of mine.

✓ ***I have read and understand all of the terms and conditions stated above regarding my therapy and agree to all the terms and conditions described in this contract as well as the accompanying Social Media Policy.***

Signed:_____ **Name:**_____

Signed:_____ **Name:**_____

Grad. Dip. Couns/Psych, Adv. Dip. Gestalt Therapy (Clinical), GANZ, PACFA Reg.21029
The William Bland Centre Suite 805, Level 8 229 Macquarie St Sydney 2000 Australia
m: 0412 241 410 e: clinton@clintonpower.com.au ACN: 150 754 126