

INFORMED CONSENT
SPERO COUNSELLING SERVICES

This form should help answer some of the questions you may have about the therapy process and what to expect during our time together.

If you would like additional information or clarification, please feel free to ask.

What happens during a therapy session?

During our time together, I invite you to sit down with me in a relaxed, informal way, and we talk. I help you tell me in detail what's troubling you. I listen carefully, making no judgments, offering no easy answers. Instead, I help you make better sense of your experiences, thoughts, and emotions. I help you discover meanings, recognize patterns, and explore options. I support you to think more clearly and kindly about yourself. I help you strengthen your sense of self and clarify your connections with others.

If you come for help as a couple, I listen to each of you in the ways I've mentioned. And I also help you work together to create safe conversational space where each of you can speak your truth and be heard with empathy by your partner.

Confidentiality

Your confidentiality is guaranteed throughout our work with only three exceptions: (i) If my records are subpoenaed by court (ii) If I believe that a minor is in need of protection from abuse or neglect (iii) If I believe that disclosure is essential to prevent physical injury to you or others.

Fees

Counselling and Psychotherapy fees vary depending on the specific service you require. The fees also cover additional time spent in related research, record-keeping and consultation.

Fees are payable by cash, cheque and occasionally email money transfer, and normally payment is completed at the end of the 60 minute session.

Cancellation Policy

If you need to cancel your appointment, please provide **a minimum of 24 hours' notice** in order to avoid applying a late cancellation fee. Late cancellations and missed appointments are charged **the full rate of the appointment.**

Our cancellation policy is intended to respect the time and commitment of both our clients and therapist.

After Hours Emergencies

I am not normally available after hours for emergencies without an appointment. If you are in crisis and requiring immediate help, please call 911 or Durham Mental Health Services which offers 24hrs assistance that is free and confidential to anyone over 16 years of age. They can be reached at 905-666-0483 (local)/ 1-800-742-1890 (long distance)

Your signature below indicates that you have read the information in this document, that you have understood it, and that you agree to abide by its terms.

Client signature and date _____

Witness signature and date _____