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### ***Consent for Services***

To ensure you have a positive counselling experience, I would like to share my policies with you. Your full and active participation is important, and the following information will help you to better understand the counselling process. Please read this carefully and ask me if you have any questions.

#### ***Counselling***

Many clients seek counselling when they want extra support during major personal and/or professional life transitions and challenges, or when they are in emotional distress. Many others seek counselling as a part of their normal self-care routine, and look at it as preventative maintenance, or a way to achieve personal growth and maintain health and wellness.

Most clients experience temporary emotional discomfort due to close examination of difficult topics as well as emotional or physical fatigue immediately after a session. It may help to schedule some time after a session to process what was discussed. It is also common to notice changes in relationship patterns with those close to you, which may need a time of adjustment.

#### ***Confidentiality and exceptions***

Information related to counselling services are confidential. Confidentiality remains in place after the counselling relationship ends and will not be disclosed with the following exceptions: a) the counsellor or his/her files are demanded under a subpoena of the court; b) the client reports he/she or someone else is suicidal/homicidal (in imminent harm); c) the client reports suspected child or elder abuse or neglect, or in need of protection. The counsellor may also disclose information for the purpose of a professional consultation, in which case your identity will remain confidential.

***Various information***

You have the right to:

- Determine the pace and rhythm of our work together
- Request a review of your progress and any of the topics in this form
- Be provided with a referral to another counsellor
- Withdraw consent for the collection, use, or disclosure of your personal information, except where precluded by law
- End the counselling relationship by advising the counsellor
- Access or obtain a copy of the information in your counselling records, subject to legal requirements.

***Concerns***

If you have a concern about any aspect of your counselling, you are requested to first address it with your counsellor. If it is impossible or unsafe, or if your concern is not resolved through our discussion, you can find information about the complaints process at the CPCA website <http://www.cPCA-rpc.ca/about-us/disciplinary-procedures.html>

***Signature***

My signature below confirms that I have read the above, had an opportunity to discuss it with the counsellor, and had my questions answered to my satisfaction.

Name (client) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (counselor) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_