



Chatrath Counselling Centre

INFORMED CONSENT FOR MENTAL HEALTH SERVICES/SUPPORTS

Consent to Participate

Counselling at Chatrath Counselling Centre involves taking part in a process of addressing personal challenges with a professionally trained counsellor, to achieve more fulfilling individual lives, or couple/family relationships. This process of change will be unique to your situation. It will consist of:

- Clearly defining problem areas
- Establishing therapeutic goals
- Determining an intervention plan
- Participating in an evaluation

Successful counselling and problem resolution require your active participation, as well as a serious commitment; therefore, it should not be entered into lightly.

Prior to agreeing to this process, individuals have a right to ask the counsellor about their qualifications, background, and therapeutic orientation. In addition to a qualified counsellor, the match between client and counsellor will influence the outcomes of counselling. Clients are encouraged to voice any concerns to ensure services are best suited to their, needs. To best deliver therapeutic assistance to children, individuals, couples, and families, we have developed certain policies and procedures. They are as follows:

1. **APPOINTMENT SCHEDULING:** Clients are asked to attend each session as scheduled. The sessions are 50 minutes in length. Should it become necessary to cancel an appointment, we require a minimum of 24 hours' notice. Failure to provide 24 hours' notice for cancellation or re-schedule may result in a full session fee charged.

I have read and agree to above terms regarding appointment scheduling and cancellation policy

2. **INSURANCE:** It is the client's responsibility to enquire with their insurance providers to determine if services will be covered. By initialing, client acknowledges they have been advised and encouraged to enquire with insurance provider prior to beginning services to ensure coverage. Contract counsellors with Chatrath Counselling Centre will have varying credentials under the mental health profession. It is the client's responsibility to enquire with their individual insurance companies to determine if their session with any counsellors associated with ChatrathCounselling Centre.

I have read and agree to above terms regarding insurance use and client responsibility

3. **CONFIDENTIALITY:** According to professional ethics and federal and provincial laws, all counselling sessions are strictly confidential between client and counsellor/therapist. However, there are certain limitations to confidentiality as outlined in this information package which have been read and understood provided as a separate information sheet.

I have read and agree to above terms regarding confidentiality and the limits of

4. **SUPERVISION OF UNATTENDED CHILDREN:** Chatrath Counselling Centre requires children under the age of 12 to be supervised by an adult. Please note that children must always be supervised while in the waiting area. We are not able to provide childcare and supervision while you are in session.

5. **FEES:** Session fees are \$100.00-\$125.00 per 50-minute session and are to be paid upon completion of each session. We accept cash, cheque, Visa, MasterCard, and e-transfer as forms of payment. An administration fee of \$25.00 will be added to any NSF (non-sufficient funds) cheques. Subsequent sessions cannot be scheduled without payment receipt of previous appointments. Masters Candidate Practicum Student(s) full session fees are charged until eligible insurance maximums are reached; sessions thereafter will be billed at a rate determined on a sliding scale basis (determined using Notice of Assessment household income and number of dependents).

6. **TERMINATIONS:** Clients have the right to terminate counselling at any time. However, we encourage discussion with the therapist so that sufficient closure can take place. Please note that, due to Chatrath Counselling Centre policy and practice limiting involvement with legal involvement specific to child custody disputes, we cannot provide service involving minor children actively involved in legal proceedings. In the even that a client is found to be involved in such

circumstances, services will be terminated. Once legal proceedings are completed, service can be resumed.

7. **CRISIS SERVICES:** Emergency services are not provided by Chatrath Counselling Centre.

If you need immediate assistance, the following are some resources available:

- KLINIC Crisis Line at 204-786-8686
- Crisis Stabilization Centre at 204-940-1781
- Youth Crisis Stabilization System at 204-949-4777
- Manitoba Suicide Line at 1-877-435-7170

8. **RESPECTFUL WORKPLACE:** Please note that Chatrath Counselling Centre is committed to a positive environment in which all individuals (staff and clients) are treated with compassion, respect, and dignity. Abuse and harassment in any form (verbal, emotional, physical, sexual) will not be tolerated and may result in a termination of services. We reserve the right to refuse services.

I confirm that I have read and agree to above terms as outlined

Client Full Name: _____ **Client Email:** _____

Client Mobile Phone Number: _____ **Client Date of Birth:** _____

I acknowledge that I have read and agree and hereby consent to participate in therapeutic process with Chatrath Counselling Centre

Client and/or Parental Signature (Electronic or Downloaded and Signed)

Date Signed with Checked Acknowledgment and Agreement:
