

AGREEMENT TO UNDERTAKE COUNSELLING AT BRAINCARE

What is Counselling? - Counselling is a process where a client talks to clinician (a counsellor or psychologist) either on a one to one basis, as a couple or as family members, about issues or problems that one or more may be experiencing. The clinician will actively listen to the client, assist the client in exploring the issues presented and develop strategies and techniques to improve the client's coping skills. The client needs to express the expectations they may have at the beginning of the counselling process. The outcomes for counselling depend on what the client feels they need in order to improve their life. Also, courtesy requires at all times, both the client and the clinician maintain a respectful attitude and manner of interaction towards each other.

Confidentiality - Clinicians are bound by their professional code of ethics which includes the principles of confidentiality. This means the clinician cannot give out any information on the client unless given permission by the client. There are times when reports will be requested by other professionals or organisations but these are reviewed with the client who must give permission for their release. Also the client may be requested to give permission for the clinician to confer with another psychologist for optimum service provision. The only exceptions to the clinician being able to breach confidential legally, are situations in which the client threatens to harm themselves or another or if the clinician becomes aware of the risk of harm to another or if for legal reasons, the court subpoenas documentations.

Records - All clinicians create records which reasonably reflect the legal data required by clients completing a Client Profile Intake Form and by the clinician recording the salient points of each session using case notes. These records are kept as secure files and are bound by the principles of confidentiality.

Can the Benefits of Counselling be Guaranteed? - In general, most clients experience positive and constructive outcomes from a counselling process. However, there can no guarantees, as the process is reliant on the client's expectations, the complexity of their issue's, their openness to change and their responses.

Possible Reactions Associated with Counselling - In the process of gaining positive benefits from counselling, the process may result in the client feeling exposed to a wide range of feelings, reactions and mood. These may include anger and depression, fear, guilt and sorrow or physical symptoms of tears, headaches and tiredness. It is important to always inform the clinician of these reactions. At those times with painful issues may surface, the client is advised not to make significant life decisions. The clinician should also be informed if the client has an important personal or professional event pending such as an exam or job interview that may be jeopardised by an intense session. The clinician is then able to take the situation into account and adapt the counselling process accordingly. It is also important to inform the clinician if you are having feelings of self-harm for any reason, so that safety interventions can be implemented.

To Get the Best From Your Counselling Sessions

- Attend every scheduled session.
- Share your thoughts and feelings openly with the clinician.
- Complete any homework tasks set by the clinician.
- Ask for clarification if there is any process you do not understand.
- Discuss any doubts or concerns you may have with the clinician.

AGREEMENT

Please note there is a 48hour notice of cancellation required for an appointment, otherwise there will be an appointment charge. Payment for missed appointments also applies for all clients attending under their EAP programs.

With regard to the Privacy Amendment Act (2000), you are required by law, to the read the above information. If you accept these conditions please sign and date where indicated below.

I have read and understand the information contained in this document and accept the terms and conditions upon which BRAIN CARE will provide services to

Signature:

Date:

Print Name: