

PROFESSIONAL DISCLOSURE & CONSENT TO TREATMENT FORM 2020

I provide clinical services to adult individuals, couples or groups concerning many types of issues. **With individuals:** personal growth explorations, self esteem problems, depression, anxiety, grief or loss issues, trauma caused by sexual physical or emotional abuse, work place stress, anger management. **With couples:** relationship counselling, intimate negotiating, re-building trust after an affair, advanced communication skills for a marriage. **With groups:** managing the dynamics of conflict within a family or group, de-escalating tensions and finding some common ground to re-build trust.

I have been in independent clinical practice in the Victoria area since 1975, much of that time at **the Springridge Counselling Center**, which I co-founded and owned with my wife and partner Dr. Vicki Drader. We then moved to a home office for another 10 years in Cordova Bay before relocating to my **current home office at 6509 Rodolph Rd., Central Saanich**. I have been trained in many different approaches to counselling and therapy over the 45 years I have been doing this work. I utilize whatever combination of these skills that I think will be most effective in helping you reach your goals in seeking counselling. I draw primarily from Rogerian principles, Gestalt and other somatic practices with many psycho-dynamic assumptions. I pay close attention to non-verbal as well as verbal communication between us in sessions.

As a client, **you have the right to refuse my treatment plan**, either as proposed, or when it is in action. This is a voluntary process in which you have the control of the level of discomfort you may be experiencing at any time. This work will often expose you to uncomfortable areas of your own history and as such it is difficult emotionally at times. You can slow it down as needed. Our initial appointment is 2 hours long. This gives me enough time to get a clear picture of the issues you bring and how I could best approach them with you. At the end of this initial session I will first confirm the issues you bring, then I will propose how I would approach those issues and we then negotiate any adjustments as needed. This becomes our Helping Contract, which I will continually use to keep us on track as we proceed. This initial interview is not a session, it is an opportunity for me to hear what brings you to seek therapy, and for you to get to see and experience some of how I work. That gives us both some information to base our decision about is there a good match between us to work together. If we are not a good match, I will give you an informed referral to some other clinician that I think would be a better match.

Confidentiality is an essential expectation about what is discussed in our conversations, **it is assured with the following 5 exceptions:**

1. Any suspected or reported neglect, abuse or assault of a vulnerable person, for example, a child, a senior or a person with developmental disabilities. **These must be reported to MCFD.**

2. The plan to do harm to someone, or yourself needs to be reported to the Police.

3. If I receive a subpoena from the courts directing me to share confidential information, it must be shared with who-ever the subpoena names.

4. If I were the subject of an ethics investigation by my professional Association, I would be required to share any information directed by the Inquiry Committee to investigate it.

5. If you have HIV and are knowingly sexually engaging with partners who are un-aware of your HIV status, it must be **reported to the Public Health authorities to follow up.**

NOTE: It is also important to realize, that cell phones and normal emails are not secure, nor are many video platforms. Use only trusted sources with end to end encryption for sharing any private information. I will not communicate confidential information by email.

I am required to keep progress notes of our sessions together by BCACC as part of my best practice standards as a professional counsellor. You can request seeing my notes, if desired at a mutually agreeable time and circumstance. I am governed by BCACC's Code of Ethical Conduct and Practice Standards, were you to have a complaint about my work with you, **you have the right to complain to the Inquiry Committee in writing of BCACC at: #204-780 Tolmie Ave., Victoria, B.C., V8X 3W4.** Were this the case my hope would be that you could discuss this with me personally first, but I recognize that may not always be possible.

I require a 48-hour notice of cancellation of a session to allow me adequate time to offer the time to another client who may need it. If this notice is not provided, you may be charged for the time we would have spent anyway. I will always attempt to fill the time slot.

Therapy is often a draining process and requires a lot of courage and persistence to seek help at critical times. Timing does have a lot to do with what makes the process successful. Some of us take a long time to get ready to ask for help. Others come to it more naturally. There is no right or wrong way to get here, once you are here it is a very individual experience. Often a mixed combination of painful recollections, new insights, sometimes uncomfortable questions leading to new ways of understanding your experiences and making sense out of things in new ways. **My role in this work is to be there along side you** in both your struggles and triumphs as you gain ground in your life through this exploration process. I will not make decisions for you, but I will assist you to assess them carefully, then help you evaluate their outcomes. **I see this work as largely about increasing your options in your situations.** That increases the likelihood that you will be able to find what you seek. I look forward to working with you, if that is what you decide.

Risks associated with doing Couples work: when I am working with a couple, there often are times when I will do some individual sessions in order to assist one partner to have some private space to explore sensitive areas. Since my contact in couples work is with both

parties in the couple, and it requires personal transparency, whatever is shared or discovered in those individual sessions is the responsibility of the clients to share with their partner, not for me to share. **My policy in couples work is: I WILL NOT KEEP SECRETS.** What that means is I expect the client to share what was discussed or discovered in session with their partner. If that is not done, the integrity of the couples work is put at risk by one party knowingly withholding relevant information, this may result in my having to terminate the counselling process, with no reason provided, as the transparency terms of our contract would then be violated. This is a drastic response, but ethically having to respect client confidentiality may require me to do so. This is why I am informing couples clients of this dynamic in advance. Transparency is not always easy, but in couples work it is part of how things improve. Also in my focus, I am not invested in saving a marriage, I am invested in helping people understand what is happening in their relationship and supporting both partners to make informed decisions that support the mental health of all parties to the relationship.

I have read, discussed and understand what was presented in this document and agree to proceed on the basis of these conditions.

Client: _____ **Therapist:** _____ **Date:** _____