

## Prusik Youth Counselling & Mentorship Services Counselling Contract

The following document is intended to form an agreement for a professional Counselling relationship between the two parties outlined below. Failure to adhere to the agreed contract by either party may lead to the termination of the agreement. This contract is subject to re-negotiation at any stage of the working relationship by agreement of both parties.

### TO BE COMPLETED BY THE CLIENT BEFORE THE THERAPEUTIC COUNSELLING WORK BEGINS

COUNSELLING CONTRACT BETWEEN Monique Smith (COUNSELLOR)  
 and \_\_\_\_\_ (YOUTH CLIENT)

#### Client Contact

Name: \_\_\_\_\_

M/F: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ (D/M/Y)

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Guardian Name(s): \_\_\_\_\_ and

\_\_\_\_\_

Phone Number(s): \_\_\_\_\_ (h) \_\_\_\_\_ (w)

\_\_\_\_\_ (c) Other: \_\_\_\_\_

Permission to leave message? \_\_\_\_\_

**PRACTITIONER FEES:** \_\_\_\_\_ hour

**METHOD OF PAYMENT:** By cash or by cheque at the conclusion of each session for private individuals.

**REFERRAL:** It may also be possible that our work together may have successfully highlighted the need for me to recommend a referral to another counselling/psychotherapist practitioner for some form of specialist therapy etc beyond the scope of my professional training and experience.

**CANCELLATIONS:** Cancellations require 48 hour notice; All other missed appointments are payable at the usual fee with the exception of illness, death in the family etc.

**LATE ARRIVAL:** It is expected that the session will begin at the agreed time. Any session that begins after this time due to late arrival for whatever reason cannot be extended beyond the agreed time.

## Informed Consent

### Benefits

There are many benefits to counselling including having someone to talk to, learning new skills and gaining insight about problems and concerns and how to overcome them.

### Risks

Counselling can sometimes cause anxiety and discomfort when specific topics are addressed. It's important to be honest with the counsellor and let the counsellor know when you feel upset. If you ever feel like harming yourself, it's important that you seek help by contacting your counsellor, the Calgary Crisis Line (403-266-HELP), or 911.

### Limitations of Confidentiality

I (Monique Smith) will keep your information confidential, but there are exceptions when information may be released without your permission. These exceptions include:

1. If you are a danger to yourself or someone else.
2. If you are in need of protection (e.g., because of abuse or neglect)
3. If you disclose abuse, neglect or suicidal plans of a youth or child under the age of 18 years.
4. If information is required to be released by a court of law

If you are under the age of 18, I will keep your parents generally informed about how you are doing, but will not disclose specific details without your consent, with the exception of points 1 and 2 above.

I will also consult with other professionals when required, in order to provide the best treatment possible. In this case, I will only share information that is relevant to your treatment.

We have read and understood the contract above and agree to the terms and conditions.

CLIENT'S SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_ (D/M/Y)

If youth is under the age of 18, a guardian's signature is also required.

GUARDIAN'S SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_ (D/M/Y)

COUNSELLOR'S SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_ (D/M/Y)