



## Mandatory Disclosure and Consent to Counselling

The following is provided to inform you about the counselling process and your rights as a consumer. Please feel free to discuss any of these issues with your counsellor.

### **Services**

Counsellors at Resonate Wellness provide counselling and therapy for individuals and couples. When participating, you are entitled to discuss with your counsellor at any time the methods, techniques, and estimated duration of counselling.

Counselling can be hard work. You will be examining your beliefs, behaviours and feelings. Keep in mind that change takes time as well as commitment from you. To be successful in counselling you must be an active participant in the change.

### **Intake Interview and Beyond**

Your first meeting with the counsellor is called an Intake Interview and lasts 80 minutes. The counsellor's task is to understand your concerns so that the type of assistance that is most appropriate for you can be recommended. After your Intake Interview, you then begin the process of Counselling. You have options related to how frequently you meet as well as the duration of the visits. As part of the overall therapeutic process, individual and group homework will be assigned regularly.

### **Confidentiality**

All information discussed or written within the counselling process is confidential and will not be shared with anyone outside of Resonate Wellness. Release of any information to persons outside of Resonate Wellness may occur under the following conditions:

1. Written consent by you, or
2. By order of the court, or
3. Situations in which child abuse or neglect is suspected, or
4. Situations in which you may exhibit evidence of danger to yourself or others

### **24-Hour Cancellation Policy**

If you fail to cancel a scheduled appointment within the 24-hour notice period, and we end up not using this time with another client, you will be billed for the entire cost of your missed appointment (except in case of emergency). Please note that we will make every effort possible to bring in another client for this open time period.

I have read and understand the preceding information regarding my rights as a counselling client, the counselling process, the limits of confidentiality, the 24-hour cancellation policy, and consent to receiving counselling at Resonate Wellness.

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Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Jeff Ross

\_\_\_\_\_  
Print Name

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Signature

\_\_\_\_\_  
Date