

CHERYL M. BRADSHAW, R.P.

Consent to Counselling, Psychotherapy, or Life Coaching

Benefits and Risks

Psychotherapy, or counselling, is a collaborative effort between you and your therapist. Counselling has been found to be beneficial for most people in most situations. Although counselling has been shown to have these benefits, it can often bring up feelings such as sadness, guilt, and anger as well. Your active participation in the process is important to ensure a positive outcome. Your participation in counselling is voluntary, and you may start and stop at any time.

Confidentiality

- Your involvement in counselling, psychotherapy, and life coaching is always confidential.
- A file will be created that includes your personal information and counselling notes. This file will be locked and will only be accessed by Cheryl M. Bradshaw, or another qualified therapist in the case of emergency or illness of your normal service provider. Your file will be kept confidentially for 10 years in compliance with health record maintenance requirements, or for 10 years after your 18th birthday, whichever is applicable.
- No information will be shared or transferred without your explicit written consent, subject to the limitations below.

Limits of Confidentiality

Your personal information may be shared without your consent in the following types of circumstances:

1. **To protect children from harm/abuse:** If your counsellor obtains information which leads your counsellor to suspect that a child (16 and under) is at risk for, or has been, physically abused, sexually abused, or otherwise abused or neglected, your counsellor is legally obliged to make a report to the Children's Aid Society (CAS). Your counsellor must also cooperate in providing information to CAS in an investigation about the safety of a child.
2. **To protect others from harm or danger:** If you inform your counsellor about any intent to commit an act which could result in the injury or death of another/others, your counsellor is legally obliged to contact the police.
3. **To protect you from life threatening harm or danger:** If your counsellor has concerns that you are a danger to yourself, she will discuss with you any action that she may need to take on your behalf to help keep you safe (e.g. call a family member or family physician). However, in situations where your counsellor is unable to discuss this with you, or the risk is too great if you object to any type of intervention, your counsellor may need to proceed without your consent in order to fulfill their obligation to ensure your safety.
4. **To protect the public from abuse or harm from other professionals:** If you disclose that you were abused by a regulated health professional such as a doctor, nurse, physiotherapist, another regulated counsellor or therapist, or other regulated service provider, your counsellor is required to report this.
5. **If required by law:** If your record is subpoenaed by a court of law, your information may be required to be released to a third party, such as a lawyer.
6. **To ensure the quality of your care in clinical supervision:** In order to ensure accountable, ethical, and effective clinical service, your counsellor may consult with a clinical supervisor, and or clinical colleagues about your information. Identifying information will be kept to an absolute minimum during any such clinical consultation.

Whenever it is safe and possible to do so, your therapist will notify you of any situation where she is obliged to make a report as required above. Your therapist will also support you in making the actual reports when possible.

By signing below you agree that you have read and understood the above and agree to participate in counselling, psychotherapy, and life coaching services offered by Cheryl M. Bradshaw on the basis of the above.

Client's Name (Please Print)

Client's Signature

Counsellor's Signature

Date (M/D/Y)