



## Professional Clinical Counselling Disclosure information and Your Rights

My name is Allison Bates and I am a registered clinical counsellor (RCC #2349) and owner of West Coast Counselling Services, Inc. The following is important information that informs you about the services I offer.

### My Training and Experience:

I have a background in mental health in which I worked to support individuals suffering from severe mental illness in their journey from hospital to community re-integration. I have since completed a Masters degree in Counselling Psychology. I am registered with the BC Association of Clinical Counsellors and therefore adhere to their strict ethical standards and regulations. I also have a B.A. from the University of British Columbia in Psychology.

### Who I am and my approach to therapy:

I would describe myself as a gentle, welcoming and patient person. I enjoy working with people who have come to a point where they need some help with some aspect of their lives. I am a non-judgmental individual and so welcome any problems you may be experiencing, and am open to understanding your cultural, or spiritual experiences as well. I work with a client-centered approach in order to work with you and your goals for therapy. I use solution-focused, narrative and cognitive behavioral techniques most often, while my learning has incorporated a vast array of theoretical approaches, and I may borrow from others from time to time. Your best interests are important to me, and I will do whatever I can to help you in your healing journey towards positive change in your life.

Confidentiality:

Confidentiality is the assurance that everything you share in counselling sessions is kept between you and your therapist. I do not share any information about you with anyone and I handle all records related to our work with the highest standards of confidentiality. Although these records are secured by me, you have the right to access them at any time.

Limits of Confidentiality:

Confidentiality is kept between you and your therapist at all times except for under these special circumstances:

- 1) Where there is risk of harm of neglect to a child under 19 years of age
- 2) If you immanently intend to harm yourself or another person.
- 3) If the courts subpoena your personal or clinical records.

Please know that I will make every effort to protect your rights and privacy and involve you in any disclosure that occurs to a third party.

By signing the agreement below, you are indicating you understand and accept the above statements and agree to enter into a counselling agreement with Allison Bates, MA, RCC.

Session fees are set at: \_\_\_\_\_ Canadian dollars per hour + HST.

**Please note: 24 hours are required to change or cancel an appointment. If there is less than 24 hours, a penalty of half the session fee will apply.**

Client's Name:

Counsellor's Signature:

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Client's Signature

Date:

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