

HAPPYMESS COUNSELLING INC
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DISCLOSURE and CONSENT TO COUNSELLING

About This Form

Before your first session, please read this form carefully. It contains important information, including your rights and responsibilities as a client. Your counsellor will go over this form with you and answer any questions you have.

About Our Counsellors

Happymess Counselling Inc only employs Registered Clinical Counsellors (RCC's) who hold graduate degrees from accredited Canadian universities and belong to a provincial oversight body known as The British Columbia Association of Clinical Counsellors (BCACC).

Counselling Practice and Philosophy

At Happymess Counselling Inc, we believe that life is messy but we can all still be happy in it. We can carve out and create moments of happiness, and we can choose how to respond to the chaos. You are worthy of receiving help towards living that happier, messy life. You are capable of making changes. And you have taken the first step, for which you should feel very proud. Counselling is designed to be a safe place for you to have therapeutic conversations and work through your thoughts, feelings, and actions under the mindful guidance of a qualified counsellor. These conversations are intended to help you develop an awareness of what bothers you so you can begin to develop ways to respond that feel healthy and productive. You will work with your counsellor to trace the origin of your deeper feelings while finding ways to cope and in the here and now. The goal of Happymess Counselling Inc is to empower our clients to such an extent that we are no longer needed.

Risks of Counselling

Counselling may bring up uncomfortable or unexpected feelings, thoughts, sensations, or memories. Working through these is the purpose of counselling. Counselling may ask you to reflect on difficult topics or times in your life, experience stronger than usual emotions, or try out new things. It may be difficult. It may even feel worse before it starts to feel better. The point of this emotional excavation is to identify what causes certain feelings within you so you can develop the skills necessary to respond and cope better. Some people also find that, as they experiment with new ways of thinking and behaving, relationships are affected or altered. Please share any difficulties you are experiencing with your counsellor. The pace and scope of counselling is decided entirely by you.

Confidentiality

Counselling is intended to be a safe and private experience where you can speak openly and honestly. All information you share will be kept confidential and will not be released without your consent.

However, there are specific and rare limits to confidentiality. In the following situations, actions are required from your counsellor that override confidentiality;

- if you disclose information that suggests you may be a threat to yourself or others
- reporting of suspected child (under 19 years of age) abuse, or vulnerable adult at risk of physical or sexual abuse or neglect
- complying with a subpoena or court order
- if fees are paid by your employer

Your counsellor will inform you if they need to make an exception to confidentiality. Please note – this is an exceedingly rare occurrence.

Confidentiality, Online

Online communication is not 100% secure. Data can be captured by videoconferencing services, such as Skype and Zoom. Such data can be stored in web servers and may be subject to monitoring or interception. Email service providers, such as Gmail and Hotmail, are also not 100% secure. Happymess Counselling Inc is not responsible for any breaches of personal information or confidentiality that may arise from the use of online audio/video platforms or email service providers accessed from internet capable devices including smartphones.

Professional Communications

During the course of regular professional communications with other mental healthcare professionals, your counsellor may discuss your file. All of your identifying information will be strictly omitted; your confidentiality will not be breached. The purpose of this communication is to provide your counsellor with insight, feedback, ideas, and resources from other practitioners and other disciplines to aid in your continued success.

Your Paper File

Your paper file is maintained under the provision of the Personal Information Protection Act (BC January 1, 2004). Your file is owned by Happymess Counselling Inc and is kept in a secure, locked location. It is kept for 7 years after the date of last contact. Please note that your request to view or receive copies of your file must be in writing and that said request will be added to your file.

Appointments

You are responsible for arriving to the session on time. Sessions will end at the scheduled time as to respect the next client's appointment. If you are late for a session, the session will still end at the scheduled time. A session can be extended, if both the counsellor and client agree to it. Extension intervals have a 30 minute minimum; pro-rated rates will apply.

Cancellation and Rescheduling

If you need to change your appointment time, or are no longer able to attend your session, please give at least 24 hours notice so that your time slot is available for someone else. If you miss an appointment without giving 24 hours notice, you will be billed for the full amount of the session. You must settle the missed appointment fee before booking your next appointment. If you are receiving pro bono services, please note a session will be deducted from your package.

If your counsellor is planning to be away, you will be notified in advance. In the rare event that your counsellor is unable to provide 24 hours notice to cancel or reschedule an appointment, your next session will be provided free of charge. If you are receiving pro bono services, a session will be added to your package.

Fees

A free 50 minute session is available to see if Happymess Counselling Inc is right for you. Standard individual sessions are offered at a rate of \$150.00 per 50 minute session. Couples sessions are offered at a rate of \$275 per 90 minute session. After hours sessions (evenings and weekends) are available upon special request at a rate of \$175.00 per 50 minute session. A sliding scale is available upon consideration. Please contact Happymess Counselling Inc for more details. Please note that Happymess Counselling Inc reviews it's fee schedule every year and you will be notified of any changes.

Recording

Electronic recording of any kind of strictly prohibited.

Social Media

To protect your counsellor's personal safety, appointment details (including location, address, business name, counsellor's name, contact information, etc.) are not to be shared on social media.

Contact

You can contact our office any time via email at happymess.counseling@gmail.com or by phone at 778-255-3076. Please allow 1 business day for a response. Please note that email is for scheduling purposes only, and any counselling related matters will be redirected to your next session.

If you or someone you know is experiencing a crisis or emergency, please call;

911

Crisis Line: 604-872-3311 or 1-866-661-3311

BC Crisis Line for Suicide: 1-800-SUICIDE

Victimlink: 1-800-563-0808

Kids Help: 1-800-668-6868

BC NurseLine: 811

Amendment or Updates

This form may be amended or updated in the future. At such a time, your counsellor will provide you with the revised document and respond to any questions you have before asking you to sign.

Consent to Counselling

I have read this form closely and consent to counselling. My counsellor has responded to my questions and comments regarding this form to my satisfaction. I understand and accept the conditions stated on this form.

Client Signature: _____ Date: _____

Guardian Signature: _____ Date: _____

(if client is under 19 years of age)

Counsellor Signature: _____ Date: _____