

Care Counselling Contract for Services

Welcome to Care Counselling, for children, individuals, couples, families, and groups. Your counsellor is **Emma Patenaude**. I have a Bachelor of Arts in Psychology Degree (Distinction) from the Athabasca University. I am currently completing my Master's Degree in Counselling Psychology at Yorkville University towards my psychologist designation. I am a Registered Professional Counsellor (RPC) with the Canadian Professional Counsellors Association and a Registrant (CCPCPR) with the Canadian College of Professional Counsellors and Psychotherapists.

I have over 7 years of experience working in various areas such as: trauma, anxiety, depression, grief, anger management, self-esteem, addiction, communication, mental health capacity building in schools, psycho-education, family work, children, groups, individuals, and couples therapy. I employ a variety of therapy techniques to meet the diverse needs of my clients including but not limited to solution-focused, strengths-based, biopsychosocial, and cognitive behavioural therapy.

Less than 24 hour late cancel or no show is a \$50.00 fee. Insurance clients billed as a session.

Unless you have insurance, service is fee based, \$150.00 per 50-minute session, cash accepted (exact change), credit card (\$3.50 surcharge), or e – transfer (to carecounselling@mcsnet.ca). A receipt will be issued if needed. Some group plans/insurance cover your costs, it's the client's responsibility to check in advance.

Client information is kept confidential unless a release of information has been obtained. Confidentiality may be withheld if you present as a danger to yourself, others, or a risk to public safety where arrangements will be made in office prior to your departure to ensure safety. Other exceptions to confidentiality are if there is an indication of abuse of a child, dependent adult, elderly adult or by court subpoena.

If this is a mandatory referral by Social Services, Probation Services, a lawyer, doctor or the court process, content from your sessions are subject to being shared. By signing this contract, you are agreeing to a release of information.

Parental consent is required to counsel children under the age of 18. Proof of parental custody may be required as well as signed consents by both custodial parents in shared parenting arrangements. Information from sessions can be shared with both custodial parents.

Requests for letters of attendance or reports will require an additional fee of \$50.00 in advance in addition to the counselling fee. More lengthy reports may require an additional fee.

Client(s) print your name(s): _____ DATE: _____

Birthdates(s): _____

Address(s): _____

Phone Number(s): _____

Email Address(s): _____

Signature(s): _____