

Recovery On Purpose

counselling services
www.recoveryonpurpose.com

Consent to Consultation or Therapy for Couples

The Therapist:

Robert Kaminsky is an experienced addictions counsellor with a Masters degree in Counselling Psychology and a Certified Sex Addiction Therapist (CSAT) with the International Institute for Trauma and Addiction Professionals - IITAP. Robert is registered with the College of Alberta Psychologists as a Provisional Psychologist [#1203p].

The Therapist' Responsibilities:

- To explain the benefits and possible outcomes of therapy.
- To make the process of therapy understandable to the best of his ability.
- To refer the client and/ or partner to another type of treatment or another therapist if the referral would better serve the client and/ or partner.
- To let the client know when the therapy has reached its maximum benefit.

The couple's rights:

- To ask questions about any part of the treatment that you do not understand.
- To refuse any treatment or exercise suggested by the therapist.
- To terminate therapy or change the frequency of sessions.

The couple's responsibilities:

- To advise the therapist if there are legal issues involved.
- To advise the therapist of previous counselling.
- To provide the name of any medications the client is prescribed and the name of the prescribing physician and to inform the therapist of any changes in medication.
- To introduce any important topic or question early in the session so it can be dealt with adequately, e.g. a wish to change frequency of sessions or terminate therapy.
- To report any positive or negative changes that may be attributable to any aspect of treatment, including assigned reading or any assignment done in or out of the session.

Confidentiality and its limits:

- Information disclosed within the therapy session remains confidential and is only disclosed with your written permission. Your file will be discussed with Robert's supervisor Mahmoud Shabani-Ghazvini, R. Psych. [#1811] and may be discussed with other therapists if it is deemed to be helpful for interpretation and intervention planning. Your permission will always be requested and your anonymity maintained.

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- If the therapist has reason to believe that you may do harm to yourself or others, appropriate persons must be informed.
- If there is reason to suspect that a child, elderly person or person with a disability is at risk of abuse, this must be reported to Child Protection and/or appropriate law enforcement.
- A court of law can subpoena information from the individual's file.
- If more than one person is attending therapy, all individuals have access to the information gathered during the specific session. Therapy sessions with individuals, group members, or couples remain private and confidential.
- If you are under 18, your parent can request your file unless there is an agreement made in our office that your information, or part of your information, will not be shared with them.
- Your file will be stored securely for 10 years and then shredded.

Appointments and fees

- Fee for couple's consultation/ therapy is \$170.00 per hour.
- Appointments are **50** minutes in length.
- An initial assessment fee of \$160.00 may be required to aid in gathering vital mental health information.
- Recommended materials costs will be in addition to the above costs.
- Fees are payable by cash, personal cheque, or PayPal online.
- 24 hours notice is required to cancel or reschedule an appointment. If you do not give adequate notice you will be charged for the time.

Therapy will end when:

- The therapist believes that the therapy is no longer beneficial.
- The client(s) requests termination of services.
- A referral to another therapist is in the client's or partner's best interests.
- There are continued missed appointments, late appointments or unpaid fees.

DATE: _____

Client's printed name: _____ Client's signature: _____

Partner's printed name: _____ Partner's signature: _____

Therapist's signature : _____