

# Lindskoog Counselling Services

## INFORMED CONSENT FOR CLINICAL COUNSELLING

### About Me

I'm a Registered Clinical Counsellor (RCC #11784) specializing in issues facing youth and young adults, suicide prevention, and career counselling. My background includes a Master of Arts in Counselling Psychology from Adler University in Vancouver, BC, as well as extensive experience working as a counsellor in a variety of settings, including post-secondary institutions and non-profit community agencies. In addition to this practice, my career also currently involves agency work and teaching as an adjunct instructor in the areas of ethics, counselling skills, and career counselling. In my private practice, I welcome youth (ages 13 and above) and adults facing a wide range of difficulties in their lives, including depression, anxiety, grief/bereavement, life and career transitions, and many other challenges. Welcome!

### Benefits & Risks of Clinical Counselling

Clinical counselling (also referred to here as therapy) can help you to improve your mental, emotional, and physical health, as well as your relationships with self, significant others, and community. Commonly achieved outcomes include learning effective new ways of coping with troubling psychological or emotional symptoms, increasing understanding of problems and discovering new ways of addressing them, and cultivating acceptance and self-compassion in the face of unchangeable circumstances. This best occurs in the context of a trusting and comfortable relationship between us, as we discuss topics that are most often difficult and emotionally charged.

Most clients find that once a trusting relationship has been established, the risks of opening up difficult thoughts and emotions can be easily and safely managed. That said, because therapy involves having difficult conversations, being emotionally honest, evoking strong or uncomfortable feelings or memories, and investigating new self-perceptions and ways of relating to others, things can sometimes feel like they are getting worse before they get better. This is a normal experience and it is my commitment to you that I will take all reasonable measures to prioritize and ensure your safety. Therapy can be hard work and it is a process, but the rewards can be great. I encourage you to discuss any concerns you have at any time with me.

### Contact & Communication

Feel free to contact me by phone, text, or email. I will endeavour to return messages within one business day. I discourage the use of text or email to discuss sensitive information, as these methods of communication can't be guaranteed to have the same level of security and confidentiality as a phone conversation. Please feel welcome to read anything you find on my website or any social media accounts, as I occasionally post updates and blog articles that may be informative. However, my policy on all social media platforms is to not interact with or follow any accounts related to clients I am currently working with or have worked with previously.

### Collection & Storage of Personal Information

Storage and collection of your information is done in accordance with the Personal Information Protection Act (PIPA) and in accordance with the guidelines of the BC Association of Clinical Counsellors (BCACC). All information that you share with me will be treated as confidential, unless specifically stated otherwise.

### Complaints or Questions

Please feel welcome to let me know if you have any concerns regarding me or our work together so that we can make necessary changes if possible. Should you wish to make a formal complaint to the BCACC, you can do so by calling the BCACC Inquiry Committee at 1-800-909-6303, extension 223. This process is outlined in greater detail at <http://bc-counsellors.org/regulation/complaints/>.

### Confidentiality

Information you share with me in our sessions or about our work will not be released to anyone without your informed, voluntary, and written consent. That said, there are some uncommon but important circumstances for you to be aware of in which I may release information about you or your sessions to necessary parties. These circumstances are

1. If I believe you are likely to harm or kill yourself or another person, I will take the necessary steps to prevent this harm from occurring, up to and including contacting emergency services.
2. If you disclose that a child (any person under the age of 19) is currently being abused, or is at significant risk of being abused, I will notify the Ministry of Children and Family Development in the form of a child protection report.
3. If I receive a court order to release my clinical records, I will comply with the court order.

Additional exceptions may be made if your counselling is being paid for by a third party, such as an insurance company, crime victim's assistance program, or an Employee and Family Assistance Provider (EFAP). This will be discussed with you at the onset of counselling.

## Fees & Payment

My fees are consistent with the recommended fee schedule published by the BCACC, and will be updated when necessary to remain as such. Current fees are below:

Service	Fee
Individual Session (50 mins)	\$130
Individual Session (80 mins)	\$150
Initial Phone Consultation (20 mins)	Free
Further Phone Consultations	\$30 per 15 mins
Short letter (one page or less) for any lay person (e.g. lawyer, insurance representative, or similar)	\$130
Administration of formal career assessment tools	Cost of instrument
Interpretation of formal career assessment tools	Normal session fee
Bounced cheque	\$25

Payment can be made by cash, debit, credit, or cheque at the end of each appointment, or by Paypal (including a \$5 surcharge) prior to sessions at [davidlindskoog.com/contact/](http://davidlindskoog.com/contact/). Appointments will not be scheduled for clients who owe any fees totalling more than \$130.

## Cancelled & Missed Appointments

Full session fees will be charged for clients who miss appointments without notice, or who cancel appointments with less than 24 hours of notice.

## Consultation, Supervision, & Stories

In order to provide the best possible service, I may consult with other professionals or a clinical supervisor about our work together. Your name and other identifying information would be kept confidential.

I occasionally share stories about my work in classes I teach, workshops I facilitate, blog articles, and other publications and professional opportunities. If you consent to me using your story (I will change identifying characteristics such as your name, age, gender, and certain details of your story), please initial here: \_\_\_\_\_

As a client, you have the right to refuse any particular counselling technique or modality, and may withdraw your consent for counselling services at any time. You also have the right to access the information in your clinical records.

**I have read and understand the above.**

\_\_\_\_\_  
Client name(s)

\_\_\_\_\_  
Client signature(s)

\_\_\_\_\_  
Date

\_\_\_\_\_  
David Lindskoog MA, RCC

\_\_\_\_\_  
Date