



## **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 from City University. Both Canadian and American governing bodies recognize City-U. I adhere to the standards put forth by the BC Association of Clinical Counsellors, which means my work is based on strict ethical standards. 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 + GST.

Client's Name:

Counsellor's Signature:

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Client's Signature

Date:

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