



Informed Consent

This form will help you understand the counselling process and assist you in feeling more comfortable. We will go through this form together. If there is anything you do not understand or if you have any questions please let me know and I will try and help you understand it better.

I am a graduate from a Master's in Counselling Program and currently have qualifying certification with the Canadian Counseling and Psychotherapy Association.

I am also trained in Sensorimotor Psychotherapy, a therapy for helping people overcome traumatic incidents. I have completed the level 2 training, (out of 3 levels) but am not yet certified in that method of psychotherapy.

I will do my best to be a supportive listener and use the training I have gained so far to help you work on your own issues of concern. I am willing to help you explore whatever you feel will help you, including difficult feelings and dilemmas. My approach is to provide a safe and comfortable environment for us to get to know each other so you gain trust and the courage to work on your issues. There is the risk that counselling may evoke uncomfortable feelings such as helplessness, anger and fear. I will make every effort to support you and guide you in finding resources to process these feelings. There is no guarantee that counselling will successfully change the problems you are having, but most people find it helpful.

Everything we discuss will be held in the strictest confidence. This includes informing others that you came to speak with me about a private matter. No one has access to my notes except you.

There are a few limited situations in which I cannot promise confidentiality:

- If you give me permission to share your information with another professional who may be better able to help you
- If there is a risk that you may seriously harm yourself or someone else
- If you tell me or I suspect someone is hurting you physically, sexually or emotionally
- If I am legally obligated to reveal information because of a court order
- with my supervisor as consistent with professional protocols

Other issues regarding consent that were discussed:

I have read this form and I understand what it means. I agree to receive counselling from Sarah Krauss. Signed

_____ Client Date _____

_____ Counsellor Date _____