

Counselling Agreement

Thank you for your interest in counselling with Lyn Thomas/Belinda Colyer. The following agreement sets out important information relevant to our counselling relationship. Please read it carefully and feel free to ask any questions.

1. Description of counselling

The counselling you will be receiving will be biblical counselling, that is, counselling which is shaped by and seeks to be faithful to the Bible and its principles. You do not need to be a Christian to receive biblical counselling, but you should be aware that your counselling will be based on the Bible in this way.

2. Counselling sessions

Each counselling session lasts for a duration of 50 minutes or as otherwise determined between you and your counsellor. Please note that if you are late to your scheduled session, your session will still conclude at the scheduled time. Counselling sessions will occur at a frequency to be agreed between you and your counsellor.

3. Fees and payment

Each counselling session is free of charge, but we welcome donations given through church offerings marked for the ministry to fund resources and ongoing training. These donations are completely voluntary and anonymous.

4. Cancellation

The time you schedule with your counsellor is set aside for you and given the small size of this ministry, may not necessarily be rebooked for another counselee if you cannot attend at the last minute. If you become unable to attend a scheduled session, please let your counsellor know as soon as possible.

5. Confidentiality

Ensuring the confidentiality of the content of our counselling sessions is essential to maintaining counselling as a safe place for you to work through the issues you are seeking help with. The information you share in counselling will be kept confidential using all reasonable means, subject to the following exceptions:

- Legal obligation: Your counsellor has a legal obligation to disclose the information (e.g. a court subpoena, search warrant etc.).
- Risk of harm: Your counsellor is of the opinion that you are at a serious risk of harm to yourself or others (e.g. suicide, child abuse, serious neglect of a child etc.).
- Supervision: Your counsellor will seek regular supervision and consultation with other professionals regarding counsees to gain ideas as to how to best help you reach your goals. Your situation may be discussed by your counsellor in a supervisory or consultation relationship. Every effort will be made such that you are not identified in such consultations.

- You give consent: Your counsellor may seek your consent to share the content of our counselling sessions with another person. Information will only be shared where you agree for it to be shared.

6. Emergency situations

We offer a general counselling service and not crisis care. In the event of an emergency, your counsellor may not be able to respond immediately. **If you believe that you are in a crisis situation and require emergency assistance, you agree that you will seek appropriate assistance elsewhere (e.g. calling 000, crisis counselling hotlines, emergency departments etc.).**

7. Use of Technology

Should counselling take place using videoconferencing software, you agree that you have sufficient internet connectivity to facilitate the session. Should internet connectivity be lost, every reasonable effort will be made to resume the session, however, the session will still conclude at the scheduled time. If the time lost in a session due to disconnection is significant, that time will be added on to a future session. Videoconferencing sessions will not be recorded by the counsellor or counselee, except upon the agreement of both people.

8. Conclusion of counselling

This counselling relationship may be brought to an end by either you or your counsellor at any time. If you wish to conclude counselling, you agree to discuss this with your counsellor so that adequate concluding arrangements can be made. If your counsellor brings the relationship to an end, this will be explained to you.

By signing this agreement, I acknowledge that I have read, understood and agree to abide by the terms set in this agreement.

Name of counselee: _____

Signature of counselee: _____

Date: _____

Ph: _____

Email: _____

If returning this form by email, your name in italics at the signature line and sending of the form by email will be taken as signing the form.