



Psychotherapy Services at Stevenson, Waplak & Associates

This document is provided to individuals to understand the nature of therapeutic services at Stevenson, Waplak & Associates, assist in understanding what psychotherapy is, the facts about (and limits) of confidentiality, and consent to service.

Please take a few minutes to read and you are open to ask any questions of your psychotherapist prior to signing.

Information:

Clinical services at Stevenson, Waplak & Associates are provided by Registered Psychotherapists with the College of Registered Psychotherapists of Ontario (CRPO).

A psychotherapist has been selected for you based on known information. As more knowledge is developed about your unique situations an open discussion between yourself and the psychotherapist can occur to determine if this relationship is the best match for you based on expertise, style, and availability.

About Psychotherapy:

Along with psychotherapy comes the possibility of feeling better about yourself and your life, learning how to resolve issues and problems, and getting along better with other people. It can be challenging emotional work that leads to new ways of thinking about situations past, present, and future, and new ways of seeing your life. While psychotherapy can lead to you feeling stronger and more aware of your abilities to cope with difficult situations, issues, or matters, there is the possibility of dealing with intense emotions like feelings of helplessness, insecurity, fear and anger. Sometimes people say they feel worse before they feel better. There is no guarantee that psychotherapy will successfully change your feelings for the problems you may be experiencing. Please know the most important factor in change is how well you feel respected and understood by your psychotherapist.

Important to Understand:

- Participation is voluntary
- The goal is to develop a treatment plan that is agreed upon by yourself and the psychotherapist.
- Sessions will be approximately 50 minutes long
- You can ask for breaks when needed, or clarification at any time during or in between sessions
- You can ask questions about the therapeutic techniques being used
- Notes will be made about each session for the purpose of capturing what was discussed and monitoring the usefulness of the sessions. These are kept in a digital record, located on a secure cloud storage server, in Canada. This file will be kept for 10 years from the last interaction, or 10 years after your 18th birthday if you are under the age of 18 at intervention.
- Individual boundaries will be set on the appropriateness of using text, and all other forms of electronic communication within the course of psychotherapy.
- Cancellation of appointments is requested 48 hours in advance to avoid charges.
- Video or telephonic (electronic) sessions may be conducted within your counselling plan. Accessibility to electronic sessions through the PHIPA compliant video conferencing platform involves the use of encrypted technology to minimize the risk of interception. However, it is acknowledged that confidentiality cannot be 100% guaranteed. We adhere to all the same practice standards and we are compliant with CRPO section 3.4 (Electronic Practice).
- Psychotherapy fees are not covered under OHIP and at Stevenson, Waplak & Associates are \$145.00 an hour, unless agreed upon prior to service. Invoices will be provided for possible extended benefit reimbursement, or income tax deduction.

Confidentiality:

All information shared in psychotherapy is confidential, except for the following exceptions:

- If you indicate a clear plan to cause imminent harm to yourself or others, psychotherapists have a duty to notify the appropriate authorities to assist with protecting yourself and others.
- If a court subpoenas information from your records or requires a psychotherapist to share under sworn oath information in court.
- If you report any information that indicates a child maybe suspected of or is suffering harm by physical, emotional, or sexual means, or is less than 12 years of age and on more than one occasion injured another person or caused loss or damage to another person’s property without adequate intervention there is a mandated Duty to Report to the local Children’s Aid Society.

Consent:

There are many reasons that an individual may use psychotherapy regardless of their age and life circumstances. In Ontario there is not a minimum age for consenting to psychotherapy as it is based on an individual’s ability to understand the nature of the relationship, interventions, and goals of psychotherapy. In general children under 12 years of age typically require parental/guardian consent to participate in psychotherapy, and individuals under 16 years of age although they can participate based on their own consent are encouraged to establish a process where they, the psychotherapist, and their parent/guardian are collaboratively involved in the therapeutic process.

In situations where parents have separated/divorced it is encouraged that both parents are notified, consent, and are active contributors to the therapeutic process. In cases of high conflict, or specialized circumstances if a parent with decision making rights refers for psychotherapy, they would be encouraged to actively involve the other parent, but if not possible professional judgement would be utilized in the best interest of the child/youth.

If psychotherapy is mandated by the legal system this dynamic will be openly discussed with the individual and any associated requirements for reporting reviewed with the individual.

Confidentiality with children under 16 years of age:

When working with children under the age of 16 years old, the issue of confidentiality is often complicated and needs to be discussed, understood by all, agreed upon, and respected. For children and teenagers to feel safe and be able to identify and discuss areas of worry, issues, fears, and anxieties, they must feel a sense of privacy and some control about the information that is shared. The psychotherapists first responsibility is always to honor and respect the child or adolescent’s confidentiality. Confidentiality and a trust-relationship are crucial to successful and positive outcomes in psychotherapy work with children and youth. At the same time, it is understood that a collaborative approach is desirable and open discussion with the child/adolescent will occur to provide guidelines for the type of information shared in their best interest.

Acknowledgement:

I have reviewed the information in this form, and I agree that I fully understand the issue of informed consent. I acknowledge that I can discuss any issues with my psychotherapist and can do so at anytime in the process. At this time, I make an informed choice to participate in psychotherapy at Stevenson, Waplak & Associates.

Signatures

Name: _____

Date: _____

Signature of Parent/Guardian: _____
(if applicable)

Date: _____