

Consent Form

Approach - I am trained in a wide range of therapies, but I often find solutions lie in not just one therapy but in very personal combinations. The key for me is to listen to you. In telling your story, talking through your situation, I can help you discover and develop what you need to progress and what you have within you to do so. Talking can be difficult. So, it's my job to provide a safe, supportive space in which you feel comfortable. In doing so, you will find me authentic, responsive, and without judgement.

Outdoor sessions involve some uncertainty. The weather, the terrain, and unexpected encounters all present challenges. Your well-being is my priority, and I welcome any request to sit down, take a break, or go indoors.

Confidentiality - The content of all sessions is highly confidential. With your permission, I will take notes during our session. All notes are stored securely and remain private, accessible only by me as your counsellor, and you at your request. However, there are some specific circumstances in which your information may be shared:

- When you have consented to or requested the disclosure
- Where we are required to do so by Law or Court Order including mandatory reporting
- If there is a real risk of serious harm to yourself or others

Session Plans - In the first session we will talk about your circumstances and goals. Together we will make a loose plan for the number and frequency of subsequent sessions. It is common to meet once every 1-2 weeks for an average of 4 sessions. Nevertheless, you are under no obligation. It will remain your choice if and when to proceed.

Feedback - Feedback is important to guide your personal counselling process and to also maintain the quality of this service. You will be offered both formal and informal feedback opportunities, however you are welcome to provide feedback at any time in any format that suits you.

Payments/Cancellations - Each session lasts around 50 minutes. Payment can be made when booking online or at the start of a session by card, cash, or online account transfer. Cancellations can be made up to 24 hours prior to a session without penalty. Late cancellations and no shows incur a fee of 50% of the session cost.

Out-of-Session Contact - Email and telephone contact should be limited to practical arrangements only such as booking sessions and confirming arrangements. If weather conditions are uncertain, I will contact you. Otherwise expect normal arrangements to prevail. Tele-counselling is available by arrangement only. If you are experiencing a crisis and need help urgently, please contact the appropriate service below:

Life Threatening Crisis	Lifeline	13 11 14
Domestic Violence	1800Respect	1800 737 732
Depression/Anxiety	Beyond Blue	1300 22 46 36
Suicide Concerns	Suicide Call-back Service	1300 659 467
Children and Teens	Kids Help Line	1800 551 800

Ending Counselling - Counselling normally concludes by mutual arrangement. However, you are free to end your counselling at any time. If I find my service is no longer appropriate for you, I will discuss this with you and may suggest discontinuing or referring you to a more appropriate service.