

New Perspectives Counselling

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Child /Adolescent Informed Consent

The purpose of this form is to share some important principles, which guide New Perspectives Counselling (NPC) process so that your decision to place your child or adolescent into counselling can be based on accurate and informed information. Please read this carefully and feel free to ask any questions about what you have read or to have further clarification. Informed consent is the parent's and/or the child or adolescent's full and active participation in decisions that affect him or her and freedom of choice based on the information shared. It is a continuous process throughout the counselling relationship.

Counsellors who work with children and adolescents have the difficult task of protecting the minor's right to privacy while at the same time respecting the parent's or guardian's right to information. Therapy is most effective when a trusting relationship exists between the counsellor and the child/adolescent. Privacy is especially important in securing and maintaining that trust. One goal of treatment is to promote a stronger and better relationship between children and their parents/ guardian. However, it is often necessary for children to develop a "zone of privacy" whereby he or she can feel free to discuss personal matters without fear. This is particularly true for adolescents who are naturally developing a greater sense of independence and autonomy.

It is our policy to provide you with general information about treatment status. If it is necessary to refer your child to another mental health professional with more specialized skills, we will share that information with you. We will not share with you what your child has disclosed in detail. Every 4-6 weeks of your child's therapy, we will review, in general, what issues were discussed, what progress was made, and what areas are likely to require intervention in the future.

Counselling can have benefits and risks. Since therapy often involves discussing unpleasant aspects of one's life, your child/ adolescent may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness and helplessness. Therapy can lead to better relationships, solutions to specific problems, significant reductions in feelings of distress and improved self-esteem. However, there are no guarantees of what he or she will experience. Counselling is a personal exploration and may lead to major changes in life perspectives and decisions. Together you, your child and NPC will work to achieve the best possible results for him/her.

If we encounter each other outside of the office or in the community...

It may happen that you or your child/ adolescent encounter your therapist outside of the office perhaps at a local grocery store or a function of some sort. It is important to consider this so that your child/ adolescent and your family can feel more comfortable in what will transpire. NPC therapists will not approach a child, adolescent or parent[s] to greet them, or to recognize them or address them in any way. We will maintain full confidentiality of a person's involvement with us by proceeding as if they are not known to any therapist, unless the child/ adolescent or parent chooses otherwise by acknowledging an associate of NPC in public. This isn't to be unfriendly, but to ensure that your child/adolescent or you do not have to feel anxious about someone concluding that a therapist might know you because you visit NPC. This will be so, unless you agree otherwise during your discussion with your therapist at NPC.

Confidentiality:

In general, one of the most important rights the person seeking counselling has involves confidentiality. Information revealed by a client during counselling will be kept strictly confidential and will not be revealed to any other person or agency without written permission, with the following exceptions: We may need to consult with other colleagues from time to time in order to gain assistance and insight in providing quality and helpful service. In order to maintain professionalism, we may also seek supervision by other counsellors. Regardless of the situation, every effort will be made to retain as much confidentiality of the client as possible.

Confidentiality has some legal limitations. There are situations where NPC can be required to reveal information obtained during therapy to another person or agency without the parent or child/ adolescent's permission. These situations involve danger to self, danger to others, child abuse and elder abuse. In addition, NPC's notes on sessions can be subpoenaed in a court of law by a judge.

The parents agree that in the event custody of, or visitation with, the child/ adolescent is contested in a legal proceeding, neither the parents nor their attorneys will require NPC therapists to testify at any of the proceedings, because to do so would hurt the child's treatment. The therapist's role is of a therapeutic relationship and not an evaluation of parent capacity. Furthermore, other forensic professionals would be better able and more appropriate to conduct any necessary evaluation. Due to these limitations, NPC therapist's will not be able to provide any opinion regarding custody, visitation or any other legal issue.

Termination of therapy:

Each parent agrees that he or she will not end the child/ adolescent's therapy without the agreement of the other parent, and that if we disagree about the child/ adolescent continuing in therapy, we will try to come to an arrangement, by counselling if necessary, before ending the child/ adolescent's therapy. we each agree to cooperate with the treatment plan of the therapist for the child / adolescent and understand that without mutual cooperation, the therapist may not be able to act in the child/ adolescent's best interests and may have to end therapy.

By signing below the parents/ guardians are indicating that they have read and understood this agreement, that they give consent to the therapists' treatment of the child/ adolescent, and that they have the proper legal status to give consent to therapy for the child/ adolescent.

Late arrivals:

As the parents/ guardians you understand that if you and your child are late arriving at the counsellor's office and therefore attend only a part of a scheduled appointment, that you are nonetheless responsible to pay the counsellor the full fee that would be charged for the total time of that appointment.

Cancellations:

Please contact the office if you discover that your child/ adolescent will not be able to keep an already scheduled appointment. NPC requires 48 hours-notice for cancellations. You will be charged \$125.00 fee for the missed appointment without providing advanced notice.

Emergency's:

If there is an emergency between sessions, please contact your family physician, the local hospital emergency room, **911** or the Peel Mobile Crisis line at **905-278-9036**.

Obtaining Parental Acknowledgment and Consent:

(please circle one)

Parents share joint custody

One parent has sole custody

Documentation is required if one parent has sole custody.

By your signature below, you are indicating that you have read and understood this consent form and that any questions you had about this consent form were answered to your satisfaction.

I/we consent that my son/daughter/child under the age of 18,

(enter name of child)

may be treated as a client by any therapist / associate under New Perspectives Counselling (NPC).

1. Parent/ Guardian name (please print): _____

Signature: _____

Address: (If different from child/ adolescent) : _____

Phone Number (If different from child/ adolescent): _____

Date: _____

2. Parent/ Guardian name (please print): _____

Signature: _____

Address: (If different from child/ adolescent) : _____

Phone Number (If different from child/ adolescent): _____

Date: _____