

**Dr. Anne Dietrich
Registered Psychologist**

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Consent to Treatment

Therapy can help a person gain new understanding about his or her problems and to learn new ways of coping with and solving those problems, such as anxiety, anger, depression, parenting or relationship concerns. Therapy can also help a person to develop new skills and to change behaviour patterns. Therapy can contribute to improved ability to cope with stress and difficult situations and can increase understanding of self and others.

My approach to therapy is a client-centered approach that uses a cognitive-behavioural therapy (CBT) model, informed also by attachment theory and psychodynamic theory. The approach I use with a given client depends on the precise nature of the problems that the person is attending therapy for. Depending on your situation, we may contract for a short-term course of CBT or for more long-term treatment (such as for treatment of chronic childhood abuse). CBT is a scientifically validated approach for the treatment of many different disorders. I am also trained in other approaches, such as hypnosis, EMDR, and body-focused psychotherapy.

Although there are potential benefits to therapy, no therapy can provide a 100% guarantee of success. Therapy can stir up some powerful feelings and the goal of therapy may not necessarily be to avoid negative emotions. Approaching feelings or thoughts that you have tried not to think about for a long time may be difficult. Making changes in your beliefs or behaviors can be scary, and sometimes can change the relationships you have. It is important that you consider carefully whether these risks are worth the benefits to you of changing. Most people who take these risks find that therapy is helpful.

It is important that you mention promptly any concerns or questions that you may have any time during the course of psychotherapy. You have the right to ask questions about anything that happens in therapy. I'm always willing to discuss how and why I've decided to do what I'm doing, and to look at alternatives that might work better. You can feel free to ask me to try something that you think will be helpful. You can ask me about my training for working with your concerns, and can request that I refer you to someone else if you decide I'm not the right therapist for you.

Many people believe that simply coming in and talking to a therapist is enough to produce change. Your improvement will require that you make treatment a priority by coming to your sessions and by doing any "homework" between sessions as well.

Confidentiality

With the exception of certain specific situations described below, you have the absolute right to the confidentiality of your therapy. I cannot and will not tell anyone else what you have told me without your prior written permission, unless required by law. I may legally speak to another health care provider or a member of your family about you without your prior consent, but ***I will not do so unless the situation is an emergency.*** You may direct me to share information with whomever you chose, and you can change your mind and revoke that permission at any time. You may request anyone you wish to attend a therapy session with you.

The following are legal exceptions to your right to confidentiality

1. If I believe that you are in imminent danger of killing yourself, I may legally break confidentiality and call 9-1-1.
2. If I have good reason to believe that you will harm another person, I must attempt to inform that person and warn them of your intentions. I must also contact the police and ask them to protect your intended victim. Similarly, if I learn that you are engaging in behaviors that could imminently place others at risk of harm (e.g., driving when you are not medically able to drive), I must inform the Superintendent of Motor Vehicles.
3. If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform the Ministry of Children and Families immediately.
4. If I am ordered by a court of law, I must hand over your records and/or testify in a court of law.

Record-keeping

I keep records noting that you have been here, what interventions happened in session, and the topics we discussed. If a third-party pays for part of your treatment, they may require that I provide them with progress reports and/or a diagnosis. If you have concerns about any of these things, please discuss them with me.

I maintain your records in a locked filing cabinet in my Richmond office. Under the provisions of the Personal Information Protection Act, you have the right to a copy of your file at any time, and I will get the information to you within 30 days in most cases. You have the right to request that I correct any errors in your file. You have the right to request that I make a copy of your file available to any other health care provider at your written request. If there are photocopying or other expenses you may be charged for them.

Email Usage

I am open to reading email messages from clients; however, there are some important considerations involved, pertaining to risks and benefits.

I will make every attempt to respond to incoming email messages in a timely manner (e.g., within 24 hours of receiving the email during regular business hours, Monday through Friday); however, this will not always be possible. If you email me and do not receive a response in a timely manner, please re-send the email.

Note that I do not do crisis intervention via email. If you find yourself in a crisis and require immediate attention, do not use email. You may call me at my office number and if I am not available, you may call a local crisis line or other resources that may be available to you. In the case of emergency, call 9-1-1 or go to your local hospital emergency department.

If I receive a large number of email messages from you between sessions, I cannot guarantee that I will be able to read them or respond to them. If I spend more than ten (10) minutes reading or responding to email messages, you will be charged the pro-rated amount. I do not charge for time spent in setting up appointment times.

Although I will treat all email correspondence with clients as confidential, it is important to be aware that internet communications, including emails, are not typically secure. Once an email message leaves your computer, it enters the internet, over which I have no control. At a minimum, each message passes through the computer of your internet service provider. This computer, often called a server, retains a copy of your message. These services may be accessed by "hackers". If the server, or your computer or my computer is hacked, your emails will no longer be private as the hackers will have access to them. I utilize a firewall and antivirus software; however, these do not guarantee that email content is secure. As such, privacy and confidentiality cannot be guaranteed with emails. If you choose to send me email correspondence, a printed copy of the email message will be kept in your clinical file, locked in my office.

Please note also that communication via email may not sound the same as when it is spoken aloud. As such, there is potential for misunderstanding when communicating in writing. If you have any concerns about the content of any email received from me, please discuss your concerns with me.

Other

You normally will be the one who decides therapy will end; however, if I am not in my judgment able to help you, because of the kind of problem you have or because my training and skills are in my judgment not appropriate, I will inform you of this fact and refer you to another therapist who may meet your needs. Please note that I may terminate treatment without a referral to another treatment provider if you threaten or cause harm to me.

Fees

My regular fee is \$180 per session. Fees are to be paid in full for each session at the termination of the session, unless another arrangement is agreed upon. Unless otherwise agreed, each session is for 50 minutes. You may pay by cheque, cash, debit, or credit card (Visa or Mastercard). If for any reason payment is delayed, I charge 1.5% interest each month on any unpaid balance and I may engage the services of a collection agency if payment is not made in a timely manner.

Cancellations

If you cannot make a scheduled appointment you must provide at least 24 hours notice. If you fail to do so, you will be charged the usual fee for the cancelled appointment. The only exception is if you cannot give advanced notice due to acute illness or other exceptional circumstance. You may contact the office telephone number 604-247-2333 any time, 24 hours a day, to make, change, or cancel an appointment.

Client Consent to Psychotherapy

I have read this statement, had sufficient time to be sure that I considered it carefully, asked any questions that I needed to, and understand it. I agree to undertake therapy with Dr. Anne Dietrich. I know I can end therapy at any time I wish and that I can refuse any requests or suggestions made by Dr. Dietrich. I am over the age of eighteen.

Name (please print clearly) _____

Signed _____ Date: _____