

COUNSELLING AGREEMENT PLEASE READ AND SIGN THE FOLLOWING PRIOR TO SEEING RAM UPADHAYA CACC.

Client name: _____ Tele#: _____

Welcome to counseling services. Please read the following information carefully and if you have any questions please discuss them with your counselor.

Services: Ram Upadhaya has a master's degree in Counseling Psychology and is a Registered Addictions Counselor with the Canadian Addiction Counsellors Certification Federation. He provides therapy on addictions, depression, anxiety, self esteem, coping skills, domestic abuse, domestic violence, PTSD, trauma, troubled youth/teens, anger management, stress management and much more.

Services offered include individual, couple, and group therapy. These services include counseling, assessment, and referral to enhance your mental health and overall wellness.

Fees for these services are due and payable at the time of booking. All payments can be made either online (www.gobindwellness.com) or with our central intake office (1-855-593-1157). Individual therapy is \$135 per 50min session, Couple Counseling is \$155 per 50min session, and Group Therapy is \$30 per person per 50min group session. In regards to extended health benefits, we do not do direct billing, please check with your insurance provider to see if you have coverage. Receipt is provided for reimbursement.

Sessions: The first session is an "intake" and will consist of some time spent filling out and discussing an intake form. Discussion of the form and information you share will facilitate an understanding of how counseling can benefit you. At the end of the intake session you and the counselor will arrive at a plan to best meet your needs. By signing this agreement, you are authorizing the exchange of information between Ram Upadhaya and any professional or agency to which you agree to be referred.

Process: Counseling is a learning process and usually concerns itself with everyday problems and issues. The client and the counselor both have responsibilities. The counselor is responsible for listening in a caring manner, sharing her experience and education as they apply to the situation at hand, and helping construct outside activities, including assessments that might be helpful. The client is responsible for fully disclosing information about the issues being discussed and for completing outside activities that it is agreed will be helpful. Counseling focuses on one concern at a time and multiple concerns can be prioritized. Both parties recognize that counseling is voluntary and confidential. Confidentiality will be broken, however, if the counselor is made aware of an intent to harm oneself or another, or in the case of abuse.

Confidentiality

Confidentiality means that Ram Upadhaya has a responsibility to safeguard information obtained during Counselling sessions.

All identifying information about your assessment and suggestions are kept confidential, except as mandated by law. You must sign a release of information before any information about you is given to anyone, except as mandated by law.

In certain situations, Counsellors are required by law to reveal information obtained during sessions to other persons or agencies without your consent. In such situations, Ram Upadhaya is not required to inform you of his actions. Please note the following exceptions to confidentiality:

- Confidentiality does not apply to cases of suspected abuse/neglect of children or the elderly.
- Confidentiality does not apply to cases of potential harm to self or others.
- A Counselor may disclose confidential information in proceedings brought by a client against a professional.
- Confidentiality does not apply to cases involving criminal proceedings, except communications by a person voluntarily involved in a substance abuse program.
- Confidentiality may not apply in cases involving legal proceedings affecting the parent-child relationship.

- Confidentiality may not apply to cases involving a minor child. In such cases, the counsellor may advise a parent, managing conservator or guardian of a minor, with or without minor’s consent, of the treatment needed by or given to the minor.

The Counselor Relationship: Throughout the working relationship the counselor will engage in direct and personal conversations. The client can count on the counselor to be honest and straightforward in asking questions and making requests. The client understands that the power of the counselor relationship is granted by the client. The counselor relationship is professional and strictly confidential.

Problems: If I ever say or do something that doesn’t feel right, please bring it to my attention during the session. As your counselor, I am 100% committed to you being powerful, successful and to you having the life you want.

Services provided: The service to be provided by the counselor to the client is counselling in person and/or via telephone, as designed jointly with the client.

Client agreements: Speaking as you, the client:

1. I understand that I am fully responsible for my well-being during my counselling sessions, including my choices and decisions. I am aware that I can choose to discontinue counselling at any time.
2. I understand that life counselling is a comprehensive process that may involve all areas of my life, including work, finances, health, relationships, educations and recreation. I acknowledge that deciding how to handle these issues and implement my choices is exclusively my responsibility.
3. I understand that information will be held as confidential unless I state otherwise, in writing, except as required by law.
4. I understand that certain topics may be anonymously shared with other counselling/life coaching professionals for training or consultation purposes.
5. I understand that all decisions in the areas of legal, medical, financial, business, spiritual, or other matters are exclusively mine, and I acknowledge that my decisions and my actions regarding them are my responsibility.

Emergencies: In the event of an emergency please call 911. **The counseling service you are utilizing with Ram Upadhaya is not on 24-hour call. All messages will be picked up and calls returned during regular business hours. Email is not confidential and will not be utilized for counseling other than exchanging details about completing assessments online.**

“Missed Appointments” Policy Agreement

Missed appointments represent a loss of an opportunity for someone else to receive services from me. Therefore, I would appreciate knowing as soon as possible if you are going to miss an appointment. Without a full **24 hours notice**, I will have to charge you the **full fee for any session that is missed**. Please note, any late arrival of equal to or greater than 20min from the start of the scheduled appointment time will be considered a “missed visit” and will be charged to you the full fee as well. If you are running late for your appointment, please notify our central intake office as soon as possible (**1-855-593-1157**).

I have read both pages of this agreement and fully understand each section of this form and agree to participate in counseling services with Ram Upadhaya under the provisions, guidelines, and limits delineated above.

Client Signature_____

Date_____