



Eyes of Love Psychotherapy

Informed Consent Agreement for Receiving Counselling

Josh Funfer, RCC

**Office #208, 338 Lower Ganges Road,
Salt Spring Island, BC. V8K 2V3**

(250) 537-7330

Registered Clinical Counsellor #: 18588

CONFIDENTIALITY: All information you disclose within our sessions, and the written records pertaining to those sessions, are confidential and will not be revealed to anyone without your written permission, except where disclosure is required by law or in the following circumstances:

Confidentiality may be broken if:

- 1) You authorize the release of information.
- 2) Your therapist is ordered by a court to release information.
- 3) You present a physical danger to yourself or others.
- 4) There is reasonable suspicion of the abuse or neglect of a child, dependent adult, or elder.

(In these latter two circumstances, therapists are required by law to inform potential victims and/or legal authorities so that protective measures may be taken.)

- 5) If you have a medical emergency.

CONSULTATION: Josh Funfer consults regularly with his mentor Riyaz Motan, who is a licensed psychotherapist with over 20 years of counselling experience. This consultation is for the purpose of collaboration in order to provide you with the most effective and informed care possible. All information about Josh Funfer's clients that is shared with Riyaz Motan is kept strictly confidential. Josh Funfer may also consult with other mental health professionals regarding his clients. However, when consulting with anyone other than Riyaz Motan, his client's identity remains completely anonymous. Confidentiality is always maintained.

RECORDING: If you consent, Josh Funfer will record our counselling sessions in order to review important moments within our therapeutic process. Relevant recordings may be viewed by Riyaz Motan. Any and/or all recordings will be provided to you if you request them. Recordings are stored electronically within a locked file on a password-protected computer and are only viewed offline or using an encrypted remote communication service.

Do you consent to Josh Funfer recording your counselling sessions? Yes _____ No _____

TREATMENT RECORDS: Josh Funfer keeps consistent treatment records (ex. case notes) for all of his clients. All treatment records are stored electronically within a locked file on a password-protected computer. As a client, you have the right to review or receive a summary of your records at any time, except in limited legal circumstances or when releasing such information might be harmful to yourself or others. If you have any questions or concerns regarding your treatment records, please discuss them with Josh Funfer.

LEGAL LIMITATIONS: Due to the nature of the therapeutic process and the fact that it often involves you fully disclosing confidential information, it is agreed that should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, lawsuits, etc..), neither you, nor your attorneys, nor anyone else acting on your behalf, will call on Josh Funfer to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested unless otherwise agreed upon.

CANCELLATIONS: For therapy to be most effective, it is important that you attend your sessions weekly. Sessions are held at a scheduled time which remains the same every week. Each session is 50 minutes long. **If you need to cancel a session, you must inform Josh Funfer at least 24 hours in advance.** If you cancel your session less than 24 hours before the scheduled time, then **you will be charged the full fee for the session.** The cancellation fee will be waived in the case of an emergency.

FEE & PAYMENTS: As a client, you are expected to pay the standard fee of \$122 per 50 minute session. The fee is due at the end of each session. Remote sessions will be charged at the same rate. Please notify Josh Funfer if any problems arise during the course of therapy that make it difficult for you to pay on time for your counselling sessions. Josh Funfer accepts payment through Interac e-Transfers, Paypal, credit or debit cards, cash or checks. Checks can be made payable to “Josh Funfer” or “Eyes of Love Psychotherapy.”

TERMINATION: You have the right to end therapy at any time. If you decide to end therapy, it is recommended that you attend at least one final session to end the process. This time can be dedicated to acknowledging your progress, to talking about next steps, and for you to give your feedback to Josh Funfer. If you wish to continue therapy with another clinical counsellor, Josh Funfer will give you referrals to other mental health professionals who may be a better fit for you.

REMOTE PSYCHOTHERAPY: You consent to engage in remote psychotherapy when necessary or agreed upon. This includes the practice of psychotherapy using interactive audio, video, or data communications. You have the following rights with respect to remote psychotherapy:

1. You have the right to stop engaging in remote psychotherapy, without losing your right to receive further in-person treatment once it becomes possible again.
2. The laws and regulations that protect the confidentiality of in-person psychotherapy also apply to remote psychotherapy.
3. Josh funfer will never share any personally identifiable images or information from remote psychotherapy sessions with other entities without your written consent.
4. There is the possibility that despite reasonable efforts on the part of the psychotherapist, sessions could be disrupted or distorted by technical failures, and sensitive information could be accessed by unauthorized persons.

E-MAIL & TEXT COMMUNICATIONS: It is important to be aware that e-mail and cell phone communications can be relatively easily accessed by unauthorized people and hence can compromise the privacy and confidentiality of such communications. E-mails in particular are vulnerable to such unauthorized access, due to the fact that e-mail service providers have unlimited and direct access to all e-mails that go through them. Additionally, Josh Funfer’s e-mails are not encrypted. Therefore, it is strongly recommended that you only use text and email communication for scheduling or other logistical purposes. Voicemails are more secure and can be used to convey more confidential and sensitive information. If you choose to communicate

confidential or private information via e-mail, Josh Funfer will assume that you have made an informed decision, will view it as your agreement to take the risk that such communication may be intercepted, and he will honour your desire to communicate on such matters via e-mail.

CLIENT'S RIGHTS & RESPONSIBILITIES: You are in charge of your therapy. Josh Funfer will never do anything without your permission, or guide you anywhere you do not want to go. He may invite you to explore a certain feeling, sensation, thought, or memory, but it will always be up to you to decide whether or not to follow this invitation. Often you will benefit the most from our work together if you are willing to explore the edge of your comfort zone, however, Josh Funfer will never push you past what you are willing and able to do. You have the right to decide whether you will participate in any intervention or exercise throughout our work together.

THE PROCESS OF THERAPY: Participation in therapy can lead to many benefits, including recognizing, accepting, and ultimately integrating all aspects of who you are, returning to a state of essential Wholeness, learning to enjoy the full richness of life, and resolving the specific concerns that led you to seek therapy. Working towards these benefits, however, requires effort on your part as well. Psychotherapy requires your active involvement, honesty, and openness. It is important for us to be a team on this psychotherapeutic journey. Josh Funfer is always open to your feedback on how he can improve your therapy.

SOMATIC PSYCHOTHERAPY: Josh Funfer uses an integrated body-heart-mind model which may incorporate body-sensing awareness, movement, and/or supportive touch. Supportive touch is not used often and it is always done in a mindful and considerate way. Such practices are respectful and non-invasive, are done only with your permission and cooperation, and are within legal and ethical guidelines. You have the right to: 1) ask any questions that arise; 2) know beforehand what methods will be used; and 3) modify or stop methods at any time for any reason. Josh Funfer is educated and experienced in the practices of somatic psychotherapy.

EMERGENCIES: If there is an emergency during our work together, Josh Funfer will do all that he can to ensure that you receive the proper medical care and support. For this purpose, he may also call your emergency contact below. If you need to contact Josh Funfer between sessions, please leave a message at (250) 537-7330 and your call will be returned as soon as possible. Josh Funfer checks his messages a few times during the day, Monday-Thursday from 11am until 7pm. He does not consistently check his messages on the weekends, or if he is out of town. If an emergency situation arises, please indicate it clearly in your message; and if you need to talk to someone immediately, call 911 or another mental health service.

I give my permission for Josh Funfer to contact the following person in case of an emergency:

Name	Relationship	Telephone #
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INFORMED CONSENT:

I acknowledge that I fully understand and agree to the terms and conditions of this agreement.

I have discussed any questions I had about this agreement.

I understand that my signature gives consent for me to participate in treatment with Josh Funfer.

Client Name (print): _____ **Date:** _____

Signature: _____