

**Healing Matters Psychological Services  
Carol Fredrek, Registered Psychologist  
Consent Form**

**Guidelines**

**1. Confidentiality**

I understand that, under normal circumstances, my therapist will not divulge information to any person without written consent. Confidentiality of all information acquired will be protected, except as required by law. I understand that I will be advised, if at all possible, if confidentiality must be waived. Situations when confidentiality must be waived include the following:

- Disclosures of suspected child abuse or neglect,
- Disclosures of the intent to physically harm oneself or another person,
- If the therapist and/or the client's file is subpoenaed to court, or
- If the client is under 18 years of age, or has been appointed a legal guardian of the courts, certain information may have to be shared with the client's parent/guardian.

The College of Alberta Psychologists also mandates that written records be kept during the course of therapy and that these records be retained for an indefinite period. The same standards of confidentiality apply to these records and they are stored in a secure manner.

**2. Risks & Benefits**

Any form of therapy can temporarily increase the symptoms that brought you to counselling and will impact your life and relationships. Your therapist will work with you to help you to resolve these issues and create a healthier life for you. If, at any time, you feel that your therapy is not going the way you would like it to, please talk to your therapist about alternative.

**3. Fees & Payment**

Individual	\$190.00 (60 minutes)
Couples	\$190.00 (60 minutes)
EMDR	\$250 (90 minutes)

- The Psychologists' Association of Alberta's (PAA) recommended fee for a 50-minute counselling session is \$200
- Payment is expected after each session
- Appointment cancellations or changes require 24-hour notice or you may be charged the full hourly fee
- You are responsible to pay for any missed appointments or charges not covered by your insurance or benefits

Psychologists' fees are not reimbursable under Alberta Health Care but may be reimbursed through extended health insurance or an Employee Assistance Program. Services beyond the standard session (e.g., medical or legal reports or assessment writing) will be billed according to the hourly rate.

---

I/We understand and consent to all of the above conditions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Guardian if a minor

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Name of Guardian (please print)

\_\_\_\_\_  
Therapist Signature

\_\_\_\_\_  
Date (MM/DD/YYYY)

**Healing Matters Psychological Services  
Client(s) Information**

Client Name(s) \_\_\_\_\_ DOB (MM/DD/YYYY) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_ (include city & postal code)

Email Address: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_  
(mobile) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Name Phone

Referred By: Include name of referral or what was searched

- Psychology Today \_\_\_\_\_  Family \_\_\_\_\_
- Calgary Psychologists Directory \_\_\_\_\_
- Google \_\_\_\_\_
- Theravive \_\_\_\_\_
- Friend \_\_\_\_\_
- Physician \_\_\_\_\_
- Other \_\_\_\_\_

Would you like to be added to my email list so that you receive updates on new blog posts, seminar's, and receive updates?   Y   N

---

If another professional or agency has referred you, I would like your consent to contact that person and let them know that you have been seen at my office. You have the option to say "no" to this. In addition, information regarding ongoing treatment can be communicated to the referral source if you desire. Please mark the appropriate space below to indicate your preference.

\_\_\_\_ Yes, you may contact \_\_\_\_\_ to inform them that I have been seen at your office.

\_\_\_\_ Yes, I would like to share a brief summary statement regarding my counselling with the referring professional or agency.

If you checked off "yes" a separate release of information form will be provided to outline the type of information to be shared and the when the request expires.

---