

Informed Consent for Psychotherapy

The purpose of this document is to inform you about the nature and scope of the psychotherapy services that I offer including: your rights and responsibilities as a client; the possible benefits and risks of engaging in psychotherapy; and my policies and accountabilities as a psychotherapist. It's important that you understand the information contained in this document and ask any questions that you may have in order to ensure a safe therapeutic experience and to help maximize the effectiveness and possible benefits you may receive by partaking in this service.

My Approach to Psychotherapy

As an integrative psychotherapist, I draw on a variety of different theoretical orientations, approaches, and techniques in my work with clients. Operating from a humanistic, person-centered, and existentialist framework, I am influenced by modern psychodynamic (especially relational and attachment theory) and family-systems (internal and external) approaches. In addition, I regularly incorporate elements of cognitive-behavioural therapy (CBT), emotion-focused therapy (EFT), narrative therapy, mindfulness, and sensorimotor (body-focused) interventions into my practice. If you'd like to know more about any of the approaches I incorporate into my practice, you can ask me questions about them or read more on my website at www.danielfarb.com.

Throughout the course of therapy, I will do my best to explain to you the approaches being used and the rationale for any interventions that I may suggest. Psychotherapy works best when there is open communication and collaboration between the therapist and client, and that includes sharing thoughts and feelings about the therapeutic experience itself. I encourage you to ask any questions you may have at any time so that you are fully informed and empowered throughout the therapeutic process.

Possible Benefits and Risks

Although no guarantees can be made as to the outcomes of partaking in psychotherapy, research and clinical experience do indicate commonly reported benefits and challenges. Psychotherapy has been shown to have numerous possible benefits for those who engage in it including: the alleviation of particular symptoms and a reduction in levels of distress and suffering; improved flexibility in ways of being and relating to others and improved effectiveness in interpersonal relationships; the attainment of particular goals set in therapy; and finding solutions to problems that you are facing.

Confronting challenges in yourself and your life and making changes can sometimes be an anxiety-provoking experience. In addition to the positive changes and benefits that you may experience, engaging in psychotherapy can bring up uncomfortable emotions such as sadness, guilt, fear, anger, grief, or uncertainty. It's also possible that undergoing the changes produced in

psychotherapy may affect your relationships with others including friends, coworkers, and family members who may or may not be supportive or welcoming of these changes.

The process of undergoing psychotherapy can at times seem like “hard work” and requires conscious efforts toward change on the part of the client. My job as a psychotherapist is to support you and guide you throughout this process to effect positive changes in your life.

Personal Information and Record-Keeping

Your personal information will be collected, used, and stored as necessary to ensure the provision of high quality psychotherapy services and in accordance with the requirements of relevant privacy laws. You have the right to see the notes stored in your file, to ask questions and receive clarification, and to request that changes be made to records if you believe them to be inaccurate. If you'd like to receive a copy of your records, an administrative fee may be charged.

Confidentiality

All information discussed during psychotherapy is private and confidential, which means that I will not share your information with any outside parties without your expressed consent.

I may consult with a supervisor or colleague to discuss your case for the the purpose of ensuring that I provide you with the best possible care, however in such cases I will not share your full name and the person that I consult with would also be bound by the same rules of confidentiality. In addition, it may be beneficial to consult with other health practitioners in your “circle of care” (e.g. your family doctor) if it is relevant to your progress in therapy, however I would ask for your expressed consent to do so prior to making contact or disclosing any information.

There are a few exceptional circumstances in which I may have a legal or ethical obligation to disclose your personal information without your consent, which are listed below:

1. If I have a concern that there is an imminent risk of serious bodily harm to either yourself or someone else, I will need to take action to ensure safety, which may include contacting the police or alerting other individuals of the potential danger.
2. If you disclose information about a child or elderly individual at risk of abuse or neglect, I will need to report it to the appropriate authorities.
3. If you inform me about another regulated health professional that has abused you or is abusing others, I will need to report this to the appropriate authorities.
4. If the College of Psychotherapists on Ontario (CRPO) conducts a quality assurance audit or asks me to hand over records as part of a review process, I am required to produce the records they request.
5. If I receive a subpoena or other court order, I may have to disclose your personal information as required by law.

Whenever possible, I will notify you if I need to take any of the actions outlined above.

Contacting Me

If you need to contact me, I can be reached by phone at 647-201-9161 or by email at daniel@danielfarb.com. If I am not immediately available, I will do my best to get back to you within 24 hours. I am not usually available to provide crisis support and in such cases I will recommend that you contact a crisis support service (e.g. a distress line or mobile crisis team) or go to your nearest hospital emergency room.

Note that communications sent via email or other web-based services are not as secure as communications conveyed in person or over the phone. As such, I do not recommend that you send me extensive personal information via email, as the security and confidentiality of this information cannot be guaranteed.

Virtual/Web-Based Sessions

I do offer psychotherapy virtually (via a secure online video-calling platform). The main benefit to virtual psychotherapy is that the limitations imposed by geographical distance and travel times are greatly reduced or eliminated. Some of the downsides to virtual psychotherapy include that some information is lost when conducting therapy via video conferencing services (e.g. body language); internet connection problems or low internet speeds may cause interruptions in the session or result in reduced audio or video quality; and additional precautions may need to be taken to ensure privacy and confidentiality (e.g. making sure nobody around you can hear what you're discussing during the session). As a general rule, I do not conduct psychotherapy sessions over the phone.

Contact Outside of Therapy (including Social Media Policy)

As a general rule, I do not form or maintain relationships with clients or former clients outside of the professional relationship involved in the provision of psychotherapy services. This includes on social media, wherein I will not elicit or accept social media contact of a personal nature (including "friend requests" on Facebook). In the event of incidental contact outside of therapy (e.g. if we ran into each other in a public place), I would leave it up to you to decide whether or not you'd like to initiate contact in order to respect your rights to privacy and confidentiality.

Fees and Billing

My fee for a 60-minute session of individual psychotherapy is \$140 and my fee for a 90-minute couples counselling session is \$175. These fees factor in face-to-face session time as well as out-of-session administrative tasks such as record-keeping, appointment scheduling, and other tasks as



required. Payment is due at the end of each session. My fee is scheduled to increase on an annual basis by \$5-\$10 both to reflect my growing experience as a therapist and to keep up with the rate of inflation.

Additional fees may be charged if you require letters or reports to be written on your behalf or for telephone conversations lasting longer than 10 minutes. In such cases, I will inform you and obtain your consent in advance of doing any work that would result in additional fees. Nonpayment of fees may result in your account being referred to a collections agency, which may have negative implications on your credit report.

Lateness, Missed Appointments, and Cancellation Policy

If you need to cancel an appointment for any reason, please give me as much notice as possible. If I need to cancel an appointment for any reason, I will give you as much notice as possible.

If you cancel an appointment on the day of the appointment (i.e. the same day) or do not show up for a scheduled appointment, it will be treated as a “missed appointment” and you will be charged the full fee for the session (exceptions may be made for extenuating circumstances such as a medical emergency).

If you are late for an appointment, the session will be shortened by the time that you are late by. If I am late for an appointment, I will make the time up to you by adding it on to the end of the current session or a later session if this is not possible.

By signing below, you are indicating that you have read and understand the contents of this document, have had the opportunity to ask any questions you may have and had them answered, and that you consent to engage in the psychotherapy services being offered.

Printed Name

Date

Signature