



Therapy Plan (informed consent)

This therapy plan sets out the agreement between _____ IP and:

_____ (client's name/s)

and: *Danielle-Marie of Walking Life's Path Counselling Service* (counsellor and service's name)

Counsellor's qualifications and position: *Adv. Dip. Couns & Family Therapy and Grad. Dip. in Couns & Psychotherapy; Masters of Couns; Counsellor and Supervisor*

Counsellor's association membership including level: *Australian Counselling Association (ACA), #COS14079 level 2*

Counsellor's contact details: *found at this link liferestored.me/contact.html*

The aim of counselling is to:

This will be achieved through:

Cost/duration/frequency of counselling:

Counselling will occur on a _____ basis and consist of approximately _____ sessions in total. Each session will run for _____ hour/s and may include one or more clients at any given time depending on the content discussed. This will be discussed as each session progresses.

The cost for each session will be: \$ _____ giving an approximate total cost of: \$ _____. This price includes any discounts offered.

Feedback will be provided at each session.

Records will be limited to session details and major issues relevant to the case. A formal evaluation will be conducted at the end of the agreement. Counselling notes may be shared with the client at the client's discretion and upon request.

The duties and responsibilities of counsellor and client are as follows:

The counsellor will:

- Uphold healthy boundaries in counselling
- Monitor client's skills and growth
- Discuss with the client diagnoses made, the approach and techniques recommended to use
- Help the client to clarify their problems, goals and objectives
- Suggest alternative ideas for the client's evaluation
- Intervene when client's welfare is at risk
- Discuss with their supervisor client cases with the aid of written case notes and possibly visual and audio recordings
- Ensure ethical guidelines and professional standards are maintained

The client will:

- Uphold healthy boundaries in counselling
- Cooperate and be open to input, change and alternative methods and action
- Consult with police, ambulance or fire, designated contact person, or Beyond Blue or Lifeline in cases of emergency
- Be fully responsible for the decisions they make concerning their life and behaviour
- Commit to and complete homework as given
- Have freedom to switch to another counsellor if dissatisfied

Declaration:

I understand that at any time circumstances/goals may change and this therapy plan may need to be reviewed, until such time I agree to the above mentioned plan.

Client (IP) _____ signature _____ Date _____

Client: _____ signature _____ Date _____

Client: _____ signature _____ Date _____

Counsellor: *Danielle-Marie Schimke* signature _____ Date _____

