

Lara McIntyre, RPC-C, Hypnotherapist

2-4882 Delta Street
Ladner, BC V4K 2T8



I invite you to think of counselling as an equal partnership where we will work with the belief that the client has all the answers within, and with help, those answers, and changes in beliefs can be found. As the counsellor I will assist the client in finding the path of choices to be made to realize change and goals. It is not my job to fix or advise the client- no one is ever broken; together we can find where changes in your choices can move you toward goals.

Logistics: The first session (in person or on the phone and lasting up to 40 minutes) is complimentary and then the work begins. Hypnotherapy is often a quicker and longer route to the root cause of issues and challenges: Longer because the sessions are usually 60-120 minutes long (as opposed to 50 minutes in talk therapy). Quicker because most challenges can be dealt with in 10 sessions or less. Our first session together is the longest: usually 2 hours. Each additional session is usually 60 minutes but please prepare for up to 90 minutes. Hypnotherapy session fees are per session: \$150, no matter if it is one hour or two. If the client needs to reschedule appointments, please give 24 hours notice. (If there is an emergency the client can reschedule with less than 24 hours notice.) If the client does not attend scheduled appointments for any reason, and provides no notice, there will be a \$50 charge. If the counsellor cancels with less than 24 hours notice (barring emergency), there will be \$50 credit to the client's next session. Payment is due at the end of each session via cash, PayPal or e-transfer.

Counselling Agreement

Counsellor: I agree to serve as your counsellor - to partner with you to identify and achieve your personal and/or professional concerns or goals. Although an active participant in this professional relationship, I cannot guarantee results; you will create powerful results by having the courage and determination to forward the action we uncover together in your life.

During the time we spend together in our sessions I will devote my time, thoughts, and energy to you exclusively. In between our sessions I may not be instantly available; I will always attempt to be available by the next business day.

Periodically I will question you about our relationship, making sure you are clear that you are continuing to benefit by our involvement.

As your counsellor I will bring attentive listening, empathy, belief in you and commitment to your success. You can expect me to challenge you, offer fresh perspectives, make requests (including assigning homework), acknowledge your wins, and guarantee confidentiality (see below) in this professional relationship.

As your hypnotherapist I will keep my ethics forefront and vow to be the guide as you work, only ever using the power of suggestion for your highest good. I will always ask permission to hypnotize you.

Client: My counsellor will keep me informed of the types of treatment or therapy she recommends. The services offered will be tailored to my particular needs. This will be an ongoing process, an open dialogue between myself and my counsellor, and I may ask questions concerning the services I receive.

Benefits and Risks of Counselling: In counselling I may benefit from learning new coping skills, gaining personal insight, forming healthier ways of relating to others, and/or overcoming unwanted behaviours. Counselling may come with risks. Opening up about my pain can sometimes lead to more pain initially such as unwanted thoughts, strong emotions or tension in relationships at home and at work.

Client Rights

- As a client I have a right to ask questions about my counsellor's credentials, the services being provided to me, or any other questions about the counselling process.
- I have a right to end counselling at any time.
- I have a right to voice concerns or complaints to my counsellor. If necessary I have the right to inform the Canadian Professional Counsellor Association (CPCA) of any unethical or unprofessional behaviour by my counsellor.
- I have a right to request access to my personal information or request corrections to this information.

Confidentiality

I understand that, except for the following limitations, all information I share with my counsellor is confidential. This means no information will be released to any third party without my explicit written consent. I understand the following exceptions to this confidentiality are:

- 1) When there is a clear risk of substantial harm to myself or threat of harm towards another person, my counsellor is ethically bound to disclose this information to the appropriate authorities.
- 2) When there is reason to believe that a child or a vulnerable adult needs protection, such as where a child or vulnerable adult has been or is likely to be physically, sexually or emotionally harmed, abused or exploited, my counsellor is legally bound to report the matter to appropriate authorities.
- 3) When the court-of-law requires the release of personal information my counsellor will disclose what is required.

If I have any questions or concerns I will ask my counsellor for clarification.

Informed Consent:

I, _____, have received a copy of the Counselling Agreement, and Informed Consent. I understand my rights involved in the counselling process. I also understand the possible benefits and risks involved. I hereby give my consent for Lara McIntyre to collect my personal information. I agree to the provided counselling services. I understand my right to withdraw consent and end counselling at any time.

Signed _____ Date _____

Signature of Counsellor _____ Date _____