

Brad Steyn Counselling and Consulting

**Bradly Steyn, Master in Counselling (MC), RCC, MDiv, BA (Hons), BA
Registered Clinical Counsellor (Reg. 11289)**

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Informed Consent for Treatment

Qualifications and Experience

I am a Registered Clinical Counsellor (RCC) with the BC Association of Clinical Counsellors (#11289). I abide by the Code of Ethics of the BC Association of Clinical Counsellors. Copies of the Codes of Ethics and Standards of Practice are available upon request and/or you can access further information about this professional association through their website: www.bc-counsellors.org.

My background and training is in theology, with an emphasis in youth, young adults and social justice. My work in social justice has involved cross-cultural and race relations in South Africa, and more recently in homelessness in Vancouver. I believe these experiences have allowed me to work and counsel in a diverse context. This includes trauma, mental health, addictions, facilitation and mediation.

Philosophy of Counselling

I practice therapy from two primary models – Existential Therapy and Person Centred Therapy. I believe that the foundation of real change is built on the values of honesty and transparency, and becoming fully aware of what it means to be truly human. I incorporate Systems (especially Family Systems), Narrative and Cognitive Behavioural theories as part of my therapy, as they play an important part of understanding the larger context that the client is a part of.

Ubuntu is a philosophical concept from South Africa. It speaks of the very essence of being human, offering characteristics of generosity, hospitality, friendliness, and being caring and compassionate. When we refer to ubuntu we are actually saying, “a person is a person through other persons,” and “I am human because I belong. I participate, I share.” For me, therapy is all about embracing our true humanity, and becoming fully present to it. Ubuntu is about our common humanity, our shared, passionate and present selves. I believe the therapeutic relationship is part of that shared, communal experience. When we experience that shared community, we begin to embrace our human potential. It is my belief that through counselling, clients have the capacity and resources to become their true authentic selves and embrace their full human potential.

Confidentiality

Information revealed by you during the counselling will be kept strictly confidential and will not be revealed to any other person or agency without your written permission, with

the following exceptions:

- In the event of the client's expression of an intention to harm self or others.
- If information is evident that the client is neglecting or abusing a child, an elderly person or an incapacitated adult.
- If the client authorizes or directs me to release information.
- If a subpoena is issued for the appropriation of the counsellor notes. If this occurs, I will meet with the client, obtain their written permission to release records and have the client read and sign the information report that I release on the client's behalf.
- In the event of a medical, psychiatric or psychological emergency (i.e. suicidal, I ask that the client allow me to contact a family member or contact person in order to offer more thorough support).

Fees and Appointments

My standard counselling fee is \$130.00 plus GST for a 50-minute session. I also offer a sliding scale rate according to the client/s income and financial situation. However, these rates are to be discussed individually with me on a personal need basis. I accept credit card or cash at the beginning of each session and I issue a receipt for payment. My standard counselling fee is also applicable to report writing, telephone consultation, or other services outside the counselling sessions.

Should you wish to postpone or cancel their appointment, twenty-four (24) hours notice is required. If you do not keep this appointment, or do not give the required notice, you will be charged for the time booked. Remember, part of this cancellation fee is based on me paying a rental charge for every hour that I book with the rental facility. Also, should you arrive late, we will still have to end the session at the scheduled time.

For the convenience of speedy service and in the event of a missed appointment or late cancellation please provide a credit card number which you agree may be charged.

Card Number: _____ Expiry: _____ CVV: _____

Insurance & Extended Health Benefits

Do you accept insurance? How does insurance work?

Many extended health plans, such as Pacific Blue Cross and Great West Life, will reimburse clients for the costs of counselling provided by a RCC. It is recommended that you call your plan provider to ensure coverage and any annual dollar limits, as it has been my experience that the print material provided to plan members is often incomplete. Also, look into your employer's HR department asking the insurance provider to amend their benefits for RCC services.

- Do my health benefits cover the cost of seeing a RCC?
- What are my mental health benefits?
- What is the coverage amount per therapy session?
- How many therapy sessions does my plan cover?

- How much does my insurance pay for an out-of-network provider?
- Is approval required from my primary care physician?

It is your responsibility to pay all fees in full at the time of service and to take all responsibility to seek reimbursement if available.

Client Rights and Responsibilities

By giving one week’s notice, you may have access to your clinical records and may obtain a copy of those records. The fee for this service is \$25.00.

In some instances, payment may be made through third party insurance companies. Companies require information regarding the client’s diagnosis, dates, length of services and fees. In some cases, the insurance company may require the counsellor to share treatment-planning information. Though I will not reveal any information without your written approval, I cannot control what information you authorize the insurance company to see or use.

You are in complete control and may end the counselling relationship at any time, though I do ask that you participate in a termination session. You also have the right to refuse or discuss modifications of any of my counselling techniques or suggestions that you believe might be harmful.

Consent to Treatment

By signing this Client Information and Consent Form as the Client or Guardian of said Client, I acknowledge that I have read, understand, and agree to the terms and conditions contained in this form. I have been given appropriate opportunity to address any questions or request clarification for anything that is unclear to me. I am voluntarily agreeing to receive mental health assessment, treatment and services for me, and I understand that I may stop such treatment or services at any time.

Signed on: _____ of _____ 20_____

Name of Counsellor

Signature of Counsellor

Name of Client(s)

Signature of Client(s)