INFORMATION AND CONSENT FORM

What is Counselling?
The process of counselling may include, but is not limited to:

▪ Helping you to resolve personal issues
▪ Education concerning the root of personal difficulties
▪ Learning and applying new skills and understanding yourself better
▪ Rejecting destructive ways of thinking and behaving
▪ Gaining knowledge and insight concerning personal motivations
▪ Working through issues of woundedness and unforgiveness
▪ Learning to develop healthy relationships with yourself and others

Counselling will incorporate the use of Temperament Therapy, which has its basis in Biblical principles.

No guarantee is made that the counselling you receive will affect the desired results. Individual success largely depends on the intentional application of the insights, skill and knowledge the client gains through the counselling process and their willingness to be active, open, honest and as consistent as possible with their counsellor. No one else can solve your problems for you, but through gaining knowledge, insight, understanding and wisdom you can experience increased success in your life and relationships.

What your counselor expects from you: ________ (initial)

▪ Express concerns, ask questions
▪ Complete assignments
▪ Come to counselling free from the influence of any substances
▪ Pay your fees upon arriving to your session (unless other arrangements have been made that can be discussed in the first session)
▪ Be on time for your appointments
▪ Cancel 24 hours in advance unless you have a serious illness or emergency
▪ Payment for no shows and cancellations made less than 24 hours in advance

What is counselling like?

▪ A safe place where you will be accepted no matter what your struggle or difficulty
▪ An opportunity to grow personally and spiritually
▪ Personally challenging
▪ Teaches responsibility for the things you have control over
▪ Most sessions are 50 to 55 minutes in length
▪ Find forgiveness for the past, strength and comfort for the present, and hope for the future by trusting the Lord to daily meet needs and heal emotional wounds. The gospel of Jesus Christ is the foundation for the work of biblical counselling.
What to expect from your counselor:

- Return your calls or e-mail within 24 hours in most cases
- Continue to update her skills and obtain ongoing training for herself
- Treat you with kindness and respect
- Develop a plan with you to help you achieve your goals and objectives
- Discuss discharge planning with you as soon as clinically appropriate
- Seek confidential consultation with other professionals when appropriate
- Help you to find an appropriate referral if necessary

Discharge and Termination _______ (initial)

The client has the right to terminate the counselling relationship at any time. However, it is in the client’s best interest to discuss and plan for discharge with their counsellor.

Counselling may be terminated for consistent failure to complete assignments, failure to pay fees, and failure to consistently show for scheduled appointments.

Couples Therapy _______ (initial if applicable)

Successful marriages are based on trust. Therefore, openness and honesty is the best policy. For successful therapy there can be no secrets within couples counselling. However, sometimes there are issues that are disclosed during individual sessions that may be difficult for one spouse to disclose to the other. When that is the situation, you and your counsellor will work together on the best way to share that information with your spouse.

Records and Confidentiality_______ (initial)

The code of ethics for clergy and the state laws regulating most kinds of pastoral counselling consider personal information you discuss to be confidential. Except in a small number of situations, the helping professional may not reveal any information about you to another person without your explicit permission. Records of your treatment will be kept for seven years after your final session.

In cases where a court order has been issued and records have been subpoenaed the counsellor has a legal responsibility to comply.

Suicidality and Abuse _______ (initial)

Another exception where counsellors are legally required to disregard confidentiality involves situations where there is a potential for suicide or homicide. For example, if you reveal information that indicates a clear danger of injury to yourself or others the counsellor will need to contact the appropriate authorities or family members.

Another exception to confidentiality is that all helping professionals are required by law to report any knowledge of abuse or neglect of a child or an incompetent or disabled person including suspected abuse.

Your counsellor will be happy to discuss any concerns you have about the protection of the information you provide.

Fees reimbursement: _______ (initial)

Please note that Dutch insurance does not cover any counselling sessions. It is your responsibility to pay your fee upfront unless other arrangements are made.

Fees for court appearances, phone sessions, copies of records etc. will be discussed with you by your counsellor as the need arises. Phone consults initiated by the client, that exceed 10 minutes will be billed in quarter hour increments based on the per session fee. _______ (initial)
Advantages and Limitations of Distance through Skype/Hangouts Counselling ______ (initial)

Because entering into a counseling relationship is often a very courageous step for people distance counselling can make it easier for some people to take that step.

Some of the following may also be benefits for you:

- Convenient because you don’t have to travel or take time off from work or due to unforeseen circumstances you unable to make it to the appointment.
- Comfortable because you are in the privacy and convenience of your own space.
- Offers more anonymity, making it easier to open up and trust more quickly. Distance counseling is not for everyone and there are some limitations. If at any point in your counselling your counsellor feels that distance counselling is not in your best interest she will discuss this with you. If at any time in your counselling you have concerns about the counselling it is your responsibility to make that known to your counsellor so that your concerns can be addressed.

Some of the following may be limitations for you:

- You may be more comfortable with a counsellor who is physically present.
- Communication may be more difficult because your counsellor may not be able to see your facial expressions and body language, which makes it more difficult for him/her to understand what you are feeling. (In the case of phone usage only.)
- Distance counselling is not appropriate for individuals who are suicidal/homicidal, in crisis or struggling with serious emotional or mental health problems.
- Because of the limitations of distance counselling it is imperative that the client and counsellor communicate clearly and that the client takes responsibility for communicating as much as possible about their thoughts and feelings.

Phone and Internet Confidentiality ______ (initial). Your counselor will do everything she can to provide you with 100% confidentiality. However if cordless phones, cell phones, and Internet transmissions are used, though the risk is very small, it is not possible to guarantee 100% confidentiality.

The Pastoral Counsellor is Cherlene Robson B.A., AIFC. She is licensed through the National Christian Counselors Association (NCCA) as a Licensed Clinical Pastoral Counsellor and is commissioned by Crossroad International Church of The Hague as a Licensed Pastoral Counsellor for the communities.

Your fee will be collected at the beginning of each session. ______ (initial) Internet banking and cash are accepted. If you are going to use an Internet banking please transfer the counselling fee before the session.

Bank and Payment information
Bank: ABN-AMRO | IBAN Bankrekening number: NL43ABNA0515771678 | BIC No. ABNANL2A | Cherlene Robson

By your signature below you are indicating that you have read and understood this Information and Consent Form and any questions you have had about this statement have been answered to your satisfaction. Your signature also indicates that you are over 18 years of age and legally competent. If you are under 18 years of age you must have your parent or guardian’s signature as well. Please sign one copy and return to your counselor and keep one copy for yourself.

____________________________________ (Client’s signature) ____________________________ date.

____________________________________ (Witness signature) ____________________________ date.

____________________________________ (Parent/guardian’s signature if applicable) ____________________________ date.