

INFORMATION & CONSENT FORM

What usually happens when you see a psychologist?

The first appointment generally involves talking about what has brought you to therapy, as well as what has happened in your life. I will ask about your present and past experiences in order to begin to get an understanding of what has brought you to where you are now. I will also ask questions about what you would like achieve in therapy. We will discuss the process of therapy and how long it should take. Later sessions involve us collaboratively exploring, clarifying and developing new insights and strategies for dealing with life. Throughout therapy, we will review the progress you are making, and make adaptations as needed. In the final few sessions we will review your progress and discuss ways of maintaining your progress.

Confidentiality & Privacy

As part of providing a psychological service to you, I will need to collect and record personal information that is relevant to your situation. Information is gathered as part of the assessment, diagnosis and treatment, and is a necessary part of the psychological assessment and treatment that is conducted. You do not have to give all your personal information, but if you don't it may mean the psychological service provided to you is not as effective. Your records are kept secure and are not released to a third party without your approval, unless this arrangement is part of the referral agreement. It is important that you are aware that confidentiality may be limited in some situations where there are serious concerns for your safety, or the safety of others (in particular children), or if your file is subpoenaed by a court. At any stage you, as a client, are entitled to access your file unless the relevant legislation provides otherwise.

All psychologists have regular supervision to discuss their work. This discussion is done in a non-identifying manner. I may ask your permission to record our sessions to assist the therapy process and my ongoing training. If you give permission to record our sessions, I will ask you to sign a form giving me permission to do so. All recordings are destroyed after the supervision / training process is completed.

Fees

Fees are paid at the end of each session and are payable by credit card or cash. If you are running late to the session, the session time will be adjusted accordingly. The initial session is 60-90mins in duration and the fee is \$_____ (write the discussed in the initial contact with your psychologist); subsequent sessions are 50-60 mins, and the fee \$_____ (write the discussed in the initial contact with your psychologist). If you have been referred by your General Practitioner and have a Mental Health Plan you may be eligible to receive a Medicare rebate *for up to ten sessions* per calendar year.

Confirmation of your Appointment and Cancellations

You will receive an email two (2) days prior to your scheduled appointment as a courtesy reminder. If you are unable to attend the appointment, please contact your psychologist as soon as practicably possible. We understand that sometimes you may need to change your appointment and request that you provide 24 hours notice, (preferably 48 hours), so we can offer the appointment to wait-listed clients. We understand that emergencies occur, and genuine emergencies will be accepted. Appointment cancellations with less than 48 hours notice will attract a charge of 50% of the full fee. If you cancel or fail to attend on the day of the appointment, the full fee for your session is payable. If *Inner North Psychology and Health* is able to fill your appointment time with another client on the wait-list, you will not be charged a cancellation fee for the appointment. For further information see the Payment Agreement form.

I have read and understood the above Consent Form. I agree to these conditions, and those on the website, for the psychological service being provided.

Signature: _____

Date: _____

Please Note: If, after reading this page you are at all unsure of what is written, please discuss it with your psychologist.