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COUNSELLING, PSYCHOTHERAPY, ADVENTURE
THERAPY
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POLICIES AND CONSENT FORM

Welcome

Counselling and Therapy are – more than anything else – about a professional relationship between you and a well-trained therapist. Research tells us that it is the *quality* of this relationship that affects how well therapy ‘works’ for you. Research also tells us that seeing a therapist is a powerful way of attending to transitions, worries, concerns, relationships and other matters where you would like to make changes and/or gain greater insight in your life. Since you will be speaking about things that are important to you, and that you may not have spoken to many people about, therapy may elicit some strong – sometimes uncomfortable - feelings or thoughts.

It is important therefore to build a solid working relationship where you can feel free to talk openly, and explore difficult aspects of your life. To this end, I will do my best to make this relationship one of safety and trust.

Consent

Consent refers to your right to decide whether or not to receive my services, and to determine the duration and the nature of those services. You will need to make this decision based on an understanding of my roles and responsibilities, your rights as a client, and potential risks and benefits of therapy. Consent is therefore an ongoing process, and you have the right to ask any questions at any time about the therapeutic work we are doing.

Privacy

Privacy refers to your right to determine the time, circumstances, and extent to which your personal information is shared with others. Your personal information (such as your name, address, contact information) will not be shared with third parties or used *without your written permission* except as noted below:

- To help me keep track of your referral information for administrative purposes;
- To provide billing information required by a third party to pay for services;
- To provide information to a third party if I am referring you for treatment.

Confidentiality

Information about you contained in my files is not shared or released without your written consent *except* in cases where I am legally or ethically obligated to do so without your consent. Client files are maintained for a minimum of seven years, after which time they are destroyed.

