

Soulwork Holistic Counselling Informed Consent Confidentiality Agreement and Waiver

Please read thoroughly This is a legal contract between Leanne Oaten of **Soulwork Holistic Counselling & Wellness Services** and the client _____

I am a professional counsellor, trained in Counselling Psychology, and am also a Mindfulness Based Coach. I combine all of my skills, knowledge, training and expertise to provide you with a well-rounded treatment and care plan, as well as a foundation for you to grow, heal and increase your success in your life, health and relationships.

Here are some important points I would like to cover with you before we begin our work together.

Counselling and coaching means Collaboration

Counselling and coaching are both a collaborative process between you and a counsellor/life coach, where mental health distresses and disorders are evaluated, assessed, and treated. For our work together to be most effective, it is absolutely essential that you take an active role in the process. All treatments, goals and interventions will always be discussed with you first before proceeding.

You are 100% responsible for your results. While I provide the service and programming to the best of my ability to meet your needs, your results will be dependent on how committed you are to the process. Completing homework assignments, and showing up to sessions ready to get to work are required. Your process is also dependent on your readiness and willingness to change, receive new ideas, be coachable and open to new concepts and behaviours.

Risks

The counselling and healing process may open up new levels of awareness and provoke realizations that may cause uncomfortable feelings, sadness, guilt, uncomfortable emotions, anxiety, anger, pain, frustration, loneliness, and/or helplessness. In some cases major life decisions are made, in others traumatic events are reflected upon. This process of growth and self-actualization can cause significant impacts to employment, lifestyles, and relationships. Psychiatric services are inexact sciences; I make no guarantees/warranties, regarding outcomes as ever person responds differently to their own healing process.

Appointments

Once an appointment schedule is set, it is assumed you will attend your scheduled session. Some situations may justify modification of the schedule, thus increasing or decreasing frequency of appointments.

Cancellations and no-shows:

If you need to cancel an appointment, please contact me at hello@leanneoaten.com at least 24 hours in advance (with the exception of emergency situations that cannot be controlled). I reserve the right to terminate the relationship in the event that 2 consecutive appointments are missed without adequate notification of cancellation.

Lateness

If you show up late to your session, please be aware that the time will be deducted from your total minutes of time we have scheduled.

Regardless of whether you show up for your sessions, payment is still required as outlined in your

coaching contract.

Fees and Payment

All payments for sessions are to be paid in full prior to service being provided. You agree to the fees and terms outlined at the time of booking, and purchasing sessions or packages.

Programs, pre-paid sessions, digital products, and packages are non- refundable.

Should you decide to discontinue the program, you agree and understand that payment is still required if you are on a payment plan option.

Confidentiality

Your confidentiality is very important to me. Everything that is discussed or shared by you, (the client) is strictly confidential, **except in the case where the client has indicated plans of suicide, or to harm self, or others.** In this case I am legally obligated to report my concerns about your safety if in my professional assessment you are a danger to yourself, or others.

Diagnosing and referrals

It is not within in my scope of practice to provide a Mental Health diagnosis, however; if I suspect that there is an undiagnosed Mental Illness, or suicidal thoughts are brought to my attention, I may refer you to your Family Doctor, a Mental Health Agency, or a Psychiatrist for an official diagnosis and treatment. Other referrals to specific health and wellness practitioners such as Naturopathic Doctor, nutritionist or other services that I believe will enhance your results will be included in your treatment plan.

Disclaimer: As a holistic practitioner and therapist, my service combines psychotherapy, life coaching, wellness/lifestyle advice, and relationship guidance as part of your treatment plan and may include nutrition suggestions, a suggested supplement or exercise regime. All advice, services and interventions are my professional recommendations only, and should not be taken as direct medical advice.

If you are unsure about the safety of any of the interventions I suggest, such as a supplement, exercise plan or nutrition advice, please speak to your medical doctor before moving forward. By signing this agreement, you are releasing Leanne Oaten of any liability in the outcomes of your case and understand there are no refunds for services or programs.

I, _____ have read, understood, agree, and consent to the above conditions of service, informed consent and confidentiality constraints, and had the opportunity to ask questions to clarify any concerns regarding the above policies with (Leanne Oaten).

Client Signature

Date

Leanne Oaten

Counsellor Signature

Date