

SERVICES AGREEMENT

The following document contains important information about the professional services I provide, my business policies, and your rights as a client. Please read it carefully. Your signature at the end of this form indicates your agreement with it and consent to proceed with services.

About Your Therapist

I am a Registered Psychologist (#5278) with the College of Alberta Psychologists and a Certified Canadian Counsellor (#6426). I am also a member in good standing of the Psychologists' Association of Alberta.

Therapeutic Approach

I believe that therapy is a collaborative venture and I use an integrative approach to therapy by drawing upon my broad training: 1) somatic therapy, which values the human nervous system's instinctive responses to overwhelming events; 2) a psychodynamic approach, which values our early experiences and relationships; 3) an attachment-based approach, which emphasizes the importance of the therapeutic relationship; and 4) my recent training in EMDR (Eye Movement Desensitization Reprocessing). All psychological interventions will be explained to you. Occasionally, a particular intervention might involve the use of physical touch. In such cases, you will be asked for permission to use touch. You have the right to refuse any therapeutic intervention offered during a session. You also have the right to terminate an intervention that is underway simply by saying "stop". I maintain my training and knowledge in the treatment of trauma with training and case consultations.

Confidentiality

Confidentiality is the foundation of any client-therapist relationship, and I am ethically and legally obligated to safeguard your information and the manner in which I collect, use, and share it with others. There are some specific situations in which your confidential information may be disclosed to others without your informed, written consent. These include:

- 1) Where there are reasonable and probable grounds to believe that your safety or the safety of another person is at risk,
- 2) Where there are reasonable and probable grounds to believe that a child or vulnerable adult is in need of protection, or
- 3) When information is subpoenaed by a court of law for the purposes of legal proceedings.

In the case that your information must be shared without your consent, you will be notified of this disclosure at the earliest opportunity. Disclosure will be limited only to what is necessary to be shared, and only to those who reasonably need to know. Also, if you have a work related psychological injury, we are required by law to report the injury to WCB. If you have a third party payer such as an insurance company, we are required to respond to questions they may have in order to manage your file.

Adolescent Clients: Except for the situations mentioned above, I will not share with your parents/guardians specific things you share in our private therapy sessions. However, in using my professional judgment. If I determine that you are in immediate and serious danger of being harmed, I will inform your parents/guardians.

Additionally, there are some circumstances under which I may seek professional consultation in order to provide effective and appropriate therapy. Some of your personal, though non-identifying, information may be shared with other professional colleagues.

Your client records will be maintained for a minimum of 10 years, as per standards outlined by the College of Alberta Psychologists. Paper copies will be stored in a locked cabinet. Electronic records are encrypted and stored in a medical-grade cloud storage.

Risks and Benefits of Therapy

Therapy is different than talking to a friend or family member because our conversations have specific goals and are based on therapeutic strategies found to be beneficial. As you explore aspects of your life, there may be unpredictable results, which lead to painful memories, and/or emotions. A psychologist's goal is to provide you with the tools to help manage these emotions.

Despite these risks of recalling and experiencing painful memories and emotions, therapy has generally been shown to benefit those who choose to engage in it. Therapy has potential for gaining clarity, accessing strengths, reducing distress and enhancing relationships. **Therapy will require active effort on your part, both within and outside of sessions, to maximize benefit.**

Please feel free to bring up questions or concerns you may have at any time during the therapy process so that we can discuss them. In the case that you or I decide it would be best not to continue working together, I will be glad to explore other options with you, such as a referral to another mental health professional or program, who might be more suitable to address your individual needs. You are able to terminate therapy at any point.

Although it rarely happens, the therapist reserves the right to terminate the counseling process for multiple reasons including, but not limited to: the therapist perceives a lack of involvement by the client, it becomes reasonably clear that the client is not likely to benefit or is being harmed from the service, there is a violation of the terms of this agreement, the client (or another person with whom the client has a relationship) threatens/compromises the safety of the therapist, or the schedule of the therapist is required to change for professional or personal reasons. You will be provided with pre-termination counseling and other service providers, names or resources.

Professional Fees

My fee for therapy is the recommended rate of Psychologists' Associate of Alberta - \$200.00 per hour (http://www.psychologistassociation.ab.ca/site/recommended_fee_schedule . I do not offer direct billing. I will issue receipts by email, which you can then submit to your insurance. I accept etransfer and credit cards (through Stripe on my Owl Practice Management software).

If a reduced fee is agreed upon, this fee will be intermittently reassessed as circumstances or duration of therapy changes. Reduced fees are considered temporary and can be revoked at the discretion of Maija Prakash.

Appointments

Appointments will ordinarily be 60 minutes in duration. If you need to cancel or reschedule a session, please you provide me 24-hours notice. If you miss a session without cancelling, or cancel with less than 24-hour notice, my policy is to collect the amount of your session fee. If it is possible, I will try to find another time to reschedule the appointment. In addition, you are responsible for coming to your session on time; if you are late, your appointment will still need to end at the original time. We reserve the right to decline clients who have cancelled without sufficient notice or failed to show for 2 or more sessions.

Non-therapeutic Contact

You may contact me at any time via email (me@maijaprakash.com) or by text (780)993-078, if you have specific questions or concerns of a non-therapeutic nature (e.g., appointments, administrative issues, fee payment, etc.). I will make every reasonable effort to respond to your message; however due to the nature of voicemail, texts, and email, I cannot guarantee that I received this communication and am able to give a timely reply. If there is a crisis or emergency, please contact your nearest emergency department (hospital, 911, police) or a Crisis Intervention Hotline (Distress Line 780-482-4357), Adult Mental Health Response (780.342.7777).

I DO NOT provide 24/7 crisis support.

I will NOT accept "friend" or "follow" requests on any social media site (Facebook, etc.) with you.

Consent to Services

Your signature below indicates that you have read this Services Agreement and agree to its terms.

Printed Name of Client

Signature of Client

Date

Signature of Parent/Guardian for Clients <18

Maija Prakash, MC Reg. Psych.#5278

Date

Signature of Parent/Guardian for Clients <18