



Mindful Therapy

CONSENT FOR TREATMENT

COUNSELING is a sacred, confidential, and often liberating process.

I will help you address your concerns and goals. Our therapeutic relationship is a vehicle that fosters growth through which you develop greater self-awareness and learn to regulate your emotions. The counseling process involves sharing information, and there may be times you feel uncomfortable, anxious, or confused. Your willingness to commit to your growth is essential to a positive outcome.

PAYMENT

Counseling sessions are billed in the currency of the client's country based on an hour session. Payment is due before the session and paid via PayPal, INTERAC e-Transfer, Wise.

CANCELLATIONS occur, and MindfulTherapy has a 24-hr policy. 50% of the session will be billed if you fail to show or cancel with less than 24-hours of the scheduled session. No sessions will be scheduled until arrears are paid.

CONFIDENTIALITY

The client's information is not shared without informed consent and written permission. Professional development supervision will not identify clients by name. Session notes are in a locked filing cabinet for up to 7-yrs. And then safely destroyed.

By law, a therapist is required to report suicidal ideation, suicidal planning, intention to self-harm, or others to protect the client. In which case, a third party may intervene to assist in keeping the client safe. Third-party may involve other authorities or agencies and request notes and disclosure of the client's intentions to harm.

The category Client Access is password encoded. However, online messages are not guaranteed to be completely confidential via these platforms. By signing the agreement, you are acknowledging the risks of platform communication.

I understand that I have choices in therapy to share as much or as little as I can ask questions when uncertain. I have read the content on confidentiality and understand the limits and nature of privacy. I have discussed this with Patricia Snider-MindfulTherapy.

Signature of Client

Signature of Witness

Date

Date