



Child /Adolescent Informed Consent

The purpose of this form is to share some important principles, which guide New Perspectives Counselling (NPC) process, so that your decision to place your child or adolescent into counselling can be based on accurate, informed expectations. Please read this carefully and feel free to ask any questions about what you have read or to have further clarification. Informed consent is the parent's and/or the child or adolescent's full and active participation in decisions that affect them and freedom of choice based on the information shared. It is a continuous process throughout the counselling relationship.

Counsellors who work with children and adolescents have the difficult task of protecting the minor's right to privacy while at the same time respecting the parent's or guardian's right to information. Therapy is most effective when a trusting relationship exists between the counsellor and the child/adolescent. Privacy is especially important in securing and maintaining that trust. One goal of treatment is to promote a stronger and better relationship between children and their parents. However, it is often necessary for children to develop a "zone of privacy" whereby they feel free to discuss personal matters with greater freedom. This is particularly true for adolescents who are naturally developing a greater sense of independence and autonomy.

It is our policy to provide you with general information about treatment status. We will raise issues that may impact your child either inside or outside the home. If it is necessary to refer your child to another mental health professional with more specialized skills, we will share that information with you. We will not share with you what your child has disclosed in detail. Every 4-6 weeks of your child's therapy, we will review, in general, what issues were discussed, what progress was made, and what areas are likely to require intervention in the future.

Counselling can have benefits and risks. Since therapy often involves discussing unpleasant aspects of one's life, your child may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness and helplessness. On the other hand, counselling has been shown to have benefits for individuals who go through it. Therapy can lead to better relationships, solutions to specific problems, significant reductions in feelings of distress and improved self-esteem. However, there are no guarantees of what they will experience. Counselling is a personal exploration and may lead to major changes in life perspectives and decisions. Together you, your child and NPC will work to achieve the best possible results for him/her.

If we encounter each other outside of the office or in the community...

It may happen that therapist from NPC run into each other outside of the office context and within the community, perhaps at a local grocery store or a function of some sort. It might be important to consider this so that you / your family can feel more comfortable in what will happen. NPC therapists will not approach a child, adolescent or parent[s] to greet them, or to recognize them or address them in any way. We will maintain the full confidentiality of a person's involvement with us by proceeding as if they are not known to any therapist, unless



they choose otherwise by acknowledging a member of NPC. This isn't to be unfriendly, but to ensure that you do not have to feel anxious about someone concluding that a therapist might know you because you visit NPC. This will be so, unless you agree otherwise during your discussion with your therapist at NPC.

Confidentiality:

In general, one of the most important rights the person seeking counselling has involves confidentiality. Information revealed by a client during counselling will be kept strictly confidential and will not be revealed to any other person or agency without written permission, with the following exceptions:

We may need to consult with other colleagues from time to time in order to gain assistance and insight in providing quality and helpful service. In order to maintain professionalism, we may also seek supervision by other counsellors. Regardless of the situation, every effort will be made to retain as much confidentiality of the client as possible.

Confidentiality has some legal limits as well. There are situations where NPC can be required to reveal information obtained during therapy to another person or agency without the parent or child's permission. These situations involve danger to self, danger to others, and child abuse. In addition, NPC notes on sessions can be subpoenaed in a court of law.

The parents agree that in the event custody of, or visitation with, the child is contested in a legal proceeding, neither the parents nor their attorneys will require NPC therapists to testify at any of the proceedings, because to do so would hurt the child's treatment, because the therapist's role is a therapeutic relationship and not an evaluation of parent capacity. Furthermore, other forensic professionals would be better able and more appropriate to conduct any necessary evaluation. Because of these limitations, NPC therapist's also will not be able to give any opinion regarding custody, visitation or any other legal issue.

Termination of therapy:

Each parent agrees that he or she will not end the child/ adolescent's therapy without the agreement of the other parent, and that if we disagree about the child/ adolescent continuing in therapy, we will try to come to an arrangement, by counselling if necessary, before ending the child's therapy. we each agree to cooperate with the treatment plan of the therapist for the child and understand that without mutual cooperation, the therapist may not be able to act in the child/ adolescent's best interests and may have to end therapy.

By signing below the parents/ guardians are indicating that they have read and understood this agreement, that they give consent to the therapists treatment of the child/ adolescent, and that they have the proper legal status to give consent to therapy for the child/ adolescent.

New Perspectives Counselling Ltd.
Caroline Krupica & Associates



Late arrivals:

As the parents/ guardian you understand that if you and your child are late arriving at the counsellor's office and therefore attend only a part of a scheduled appointment, that you are nonetheless responsible to pay the counsellor the full fee that would be charged for the total time of that appointment.

Cancellation:

Please contact the office if you discover that your child/ adolescent will not be able to keep an already scheduled appointment. NPC require 48 hours-notice for cancellations. You will be charged \$125.00 fee for the missed appointment without providing advanced notice.

Emergency:

If there is an emergency between sessions, please contact your family physician, the local hospital emergency room, **911** or the Peel Mobile Crisis line at **905-278-9036**.

Obtaining Parental Acknowledgment and Consent:

(please circle one)

Parents share joint custody

One parent has sole custody

Documentation is required if one parent has sole custody.

1)Parent contact information:

2)Parent contact information:

Name: _____

Name: _____

Address: _____

Address: _____

Telephone/Cell _____

Telephone/Cell _____

New Perspectives Counselling Ltd.
Caroline Krupica & Associates



By your signature below, you are indicating that you read and understood this consent form and that any questions you had about this consent form were answered to your satisfaction.

I/we consent that my son/daughter/child under the age of 18,

(enter name of child)

may be treated as a client by any therapist under New Perspectives Counselling (NPC)

1. Parent name (please print): _____

Signature: _____

Date: _____

2) Parent name (please print): _____

Signature: _____

Date: _____