

INFORMED CONSENT

I am a registered Psychologist in the province of Manitoba. My approach to therapy generally includes exploring thoughts and emotions; examining avoidances; identifying recurring patterns; discussing past experiences; focusing on relationships; and examining the client-therapist relationship. My role is to be a guide for you through the process. It is your responsibility as the client to come prepared with the areas you want to focus on and to do the work outside of the sessions.

Confidentiality: What you talk about with me in session is just between you and me with the following exceptions:

1. If you tell me that you plan to harm yourself or someone else, I must report this to the police.
2. If you tell me that a child is being abused, I must report this to Child and Family Services. This includes watching child pornography.
3. If a court of law subpoenas my records or asks that I testify, I have to comply.
4. If you request that I provide information to another person or agency, I will ask that you fill out a Release of Information (ROI) form before I can disclose any information.

Appointments: A session lasts 50 minutes. Initially, clients are typically seen either once a week or once every other week. We will discuss your goals and decide together what will work best for you. People often find talking about what is going on for them in their lives helpful and a source of relief, however there are times it brings up painful emotions and people can sometimes feel worse before they begin to feel better.

Payment: The fee is set by the Manitoba Psychological Society. I accept the payment at the **beginning** of the session in the form of cash, personal cheque, or e-transfer only.

Missed Appointments: There is no charge, if you provide a minimum of 24 hours advanced notice. *If you do not provide 24 hours' notice, you are expected to pay for the full session.* The reason is that I would have had a chance to give the session to someone else. If you no show or late cancel an appointment, without payment, we will need to have a discussion before I will consider scheduling a subsequent appointment.

Insurance Coverage: Psychologists are generally covered for a specified amount per year. It is your responsibility to find out about your coverage and to pay up front. I will provide you with a receipt which you can submit for reimbursement from your insurance company.

Your signature indicates you have been informed of and agree to the above procedures and conditions.

Client signature

Date

Dr. C. Meera Chohan, C. Psych.