

Yasamin Karimi Psychotherapy Professional Corporation

Yasamin Karimi, RP, CCC

Registered Psychotherapist
Canadian Certified Counsellor

www.yasaminkarimi.com
info@yasaminkarimi.com

CRPO #005769
CCPA #10000473

CONTACT INFORMATION

Name:

Date of Birth:

Address:

Phone:

Email:

Emergency Contact Name:

Relationship to Client:

Emergency Contact Phone No:

INFORMED CONSENT FORM

Yasamin Karimi, RP, CCC is a Registered Psychotherapist in the province of Ontario and a Canadian Certified Counsellor.

Description of Services^[1]_{SEP}

According to the College of Registered Psychotherapists of Ontario (CRPO) and Canadian Counselling and Psychotherapy Association (CCPA), counselling and psychotherapy involve the skilled and principled use of relationship to facilitate self-knowledge, emotional acceptance and growth and the optimal development of personal resources. The overall aim is to provide an opportunity for people to work towards living more satisfyingly and resourcefully.

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Risks and Benefits

Psychotherapy may involve the risk of remembering unpleasant events, feeling unfamiliar sensations, or arouse strong or unanticipated feelings or memories. You may face issues or aspects of yourself that are uncomfortable, and therapy may lead to unforeseen changes in your relationships or take you out outside of your comfort zone to explore and expand your growing edge. Benefits may include an increased ability to live more effectively by improving your ability to cope with a variety of stressors and life challenges. You may also gain a better understanding of yourself, your goals and your values, which will assist you in your personal and career growth. You may experience relief or resolution of trauma symptoms, and develop skills, increased resiliency and a healthier relationship with yourself and others.

Outcomes and Ethics

The outcome of counselling and psychotherapy is difficult to predict or guarantee, since it is dependent on a number of factors, such as the fit between you and your therapist, current adverse conditions that are actively contributing to your symptoms, and your readiness and willingness to work towards set goals. However, Yasamin will do her best to help you to handle the risks safely and experience at least some of the benefits. If you have any questions or concerns, Yasamin encourages you to discuss these with her at any point.

Age of Consent to Service

Children who are not considered a mature minor are required to have parental or guardian consent to participate in therapy. Whether or not the parents live together or live with the child(ren), the consent of all parents with legal custody is required for their children to participate in therapy. If only one parent chooses to attend family therapy, they must have the other parent sign the Parental Consent form for the parent who is not participating in therapy.

Children who are high school age may be considered a mature minor and may consent to their own care and treatment if they are found to have the ability to understand the risks and benefits of treatment. In these cases parents can expect to receive general updates about their child's progress at Yasamin's discretion and will be informed if the mature minor is found to be at risk. At such a time the family would be expected to take part in problem solving.

Your Responsibilities

Personal commitment to therapy is crucial for success. In order to maximize the effectiveness of therapy services, you should make counselling a priority. It is important that you be active, open and honest with Yasamin. Your most important responsibility is to work toward the goals you and Yasamin have agreed upon. Seeing a therapist is often enhanced with additional efforts made between sessions, such as: thinking about the material covered in your sessions, monitoring the behaviors you are trying to change, reading a book or article, completing worksheets, practicing a new skill, writing or other creative projects in self-expression, or taking other concrete actions to support your growth. It is your responsibility to tell Yasamin when you are uncomfortable with any parts of the treatment. If you have any questions, please ask and she will do her best to answer your questions in full.

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Confidentiality

Yasamin respects the privacy of her clients, holds in strict confidence all information about clients and complies with applicable privacy and other legislation. No information will be released to a third party without your prior written authorization. At any time, you have the right to withhold or withdraw consent to, or place conditions on, the disclosure of your information. **Exceptions to confidentiality** include the legal and/or ethical obligations for your therapist to:

- (1) When a client indicates they are at risk to hurt him/herself or others, such as when there is a danger of suicide or assault. In these situations, a therapist may need to take additional steps to ensure safety.
- (2) When a therapist has reason to believe that a child under age 16 is in need of protection from physical abuse, sexual abuse, serious emotional abuse or neglect. This includes situations when physical abuse or high levels of conflict are occurring between adult family members and there is a child (or children) in the home. It also includes situations when a client reports that a child is not being adequately supervised and is at risk of harm. It also includes situations when a client discloses that s/he was abused in childhood and there is a possibility that the person who was abusive may be a danger to other children now. In these situations, Family and Children's Services needs to be contacted.
- (3) When a client reports a reasonable suspicion that a resident of a long term care facility regulated by the Long Term Care Facilities Act of Ontario (such as a seniors residence or nursing home) is being physically abused by anyone, and /or has suffered or may suffer harm as a result of unlawful conduct, neglect, or improper or incompetent care by staff in the home. In these situations it may be necessary to report it to the provincial Director of Nursing Homes.
- (4) When a client discloses that s/he has been sexually abused by another helping professional who is a member of a profession regulated by the Regulated Health Professions Act of Ontario (e.g., psychologist, medical doctor, physiotherapist, etc.) or the Social Work & Social Service Workers Act of Ontario, it may be necessary to report the name of the professional (not the client) to the relevant college.
- (5) When a therapist is mandated by law to disclose information. This may include situations where a therapist is subpoenaed or ordered to testify in court.
- (6) In a situation of the unexpected death or illness of the therapist, you may be contacted by a representative who is acting on behalf of the therapist. This representative will be obliged to ensure confidentiality as the therapist does and will provide you with an appropriate referral.

While these events are rare, they do exist. However, Yasamin's overall goal is to make this a place where you feel comfortable to talk about personal concerns.

Crisis & In Case of Emergency

Emergency services are not available between sessions by Yasamin. In case of emergency, dial 911, go to the nearest emergency department of any hospital, or call your local crisis lines. Yasamin is unable to provide services to clients in acute crisis and outside of regular business hours. Should you be in crisis between sessions please call 911 or go to the nearest Hospital Emergency Department.

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Electronic communication (e-mail, texting)

Electronic communication is generally used for scheduling appointments only. However, due to the nature of digital technology, the complete security and privacy of e-communications cannot be guaranteed as information may be intercepted, lost, corrupted, or infected, or someone may access your computer.

Online Therapy

For our sessions, Yasamin uses a secure videoconferencing line through a program called Zoom. Prior to our first session Yasamin will send you the link for the call. Prior to our first call, please click on it to ensure it is working. If the client chooses to use a different platform for their sessions, Yasamin will try to be accommodating and meet their needs.

For all online video sessions please ensure that you have a good connection/good reception. For your privacy and to receive the most benefit from our work together, Yasamin requests that you ensure you have a quiet, private space where you feel comfortable and will not be interrupted or overheard during our session.

Social Media

Yasamin may use social media sites as a form of advertisement, clients are in no way obliged to participate in these forums. None of the information about the clients are going to be disclosed in any shape or form on any social media platform.

Record Keeping: Therapists in Ontario are required by law to keep a record of each contact and therapy session with a client. Records are kept for a minimum of 10 years after a client turns 19 years of age. All information is maintained in compliance with the Personal Information Protection and Electronic Documents Act (PIPEDA) of the Federal Government of Canada and the Personal Health Information and Protection Act (PHIPA) of the Province of Ontario. This means that all personal information obtained, used, and disclosed in therapy sessions is done so with your consent. Your personal information is protected by specific safeguards including locked cabinets and computer passwords.

Payment Policy

- Payments agreed upon are for a typical 50-minute session or otherwise discussed between the client and the therapist.
- Limited sliding scale rates are possible depending on financial circumstances. Please contact Yasamin to discuss.
- Work done outside of sessions (letters, reports, resume writing, check-in calls, consultations with other professionals, etc.) is also charged by the hourly rate.
- Full payment is required at the time of each scheduled appointment in the form of cash, personal cheque (made out to Yasamin Karimi), eTransfer to info@yasaminkarimi.com or through Paypal on www.yasaminkarimi.com.
- Payment for sessions will be required prior to scheduling subsequent appointments. In the event that payment is not received for an appointment, clients will be given the opportunity to do so and if payment is still not made, Yasamin reserves the right to employ the services of a collection agency to recover unpaid fees.
- A \$25 service charge will be added to the amount owing for NSF cheques.

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Extended Health Insurance

Yasamin's services are sometimes covered under extended health benefits. Please verify with your insurance plan if you have coverage for a Registered Psychotherapist (College of Registered Psychotherapists of Ontario). Yasamin will collect your payment directly, and you will then be provided with a receipt via email to be submitted to your insurance company for reimbursement. It is your responsibility to contact your insurance company in advance of starting therapy to determine your annual coverage and whether you need a referral from a medical professional, as each insurance plan is different.

Cancellations and Missed Sessions

Please contact Yasamin by phone or email to change your appointment with **at least 24 hours' notice (one business day)** if you are unable to keep your scheduled time. Missed sessions are billed at the **full cost** of the scheduled appointment.

Cancellation or missed session fees will only be waived on compassionate grounds, such as in the event of a medical emergency requiring urgent professional treatment, death in the family, dangerous weather conditions or in the event of an accident or natural disaster.

Informed Consent

Informed consent for psychotherapy and counselling is essential and out of respect for your right to choice and self-determination. Consent must be given voluntarily, knowingly and intelligently. You have the right to change your mind and withdraw informed consent at any time, terminate treatment, or refuse a particular treatment modality if you are not comfortable with it.

Statement of Informed Consent

I have read and understand the information presented in this document. I hereby consent to psychotherapy and counselling services offered by Yasamin Karimi, MC, RP, CCC.

Client Name (Print)

Client's signature

Date

I have read and understood these terms of service.

Therapist signature (Yasamin Karimi, RP, CCC)

Date

I have explained these terms of service.