

Informed Consent for Psychological Services

This document contains important information about the processes and policies of the professional service being provided. We are happy to clarify any questions you may have about the contents of this document.

Psychological Services:

Psychotherapy has many well-known benefits. These may include a significant reduction in emotional distress, improved personal relationships, increased problem-solving ability and capacity to cope with life challenges, greater self-confidence and improvement in the specific concerns that have lead you (or your partner/ family member) to seek psychotherapy.

Psychotherapy can also be very challenging. For example, psychotherapy often involves discussing unpleasant aspects of life. This, however, is often a natural part of the therapy process and typically provide the basis for meaningful change.

Psychotherapy involves active participation, finding new ways of dealing with problems, and learning new skills. There are, however, no guarantees that psychotherapy will produce positive or intended effects. Changes are sometimes made quickly and easily, but more often change is slow and can be a frustrating process. However, a strong commitment to the process will most likely assist in a helpful outcome.

Meetings:

The initial two sessions typically involve an evaluation of your needs. During this time, we can both decide if I am the best person to provide the services you need in order to meet your treatment goals. Where you feel this is not possible, I can provide you with appropriate referral information. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. If you have questions about the services being provided, please feel free to raise them at any time.

Generally, the length of therapy is determined by our collaborative discussion and agreement as we work together. However, we can agree on a predetermined number of sessions or length of time at the outset. The length of psychotherapy usually depends on the extent and severity of your specific problem(s), your ability to commit time and financial resources, any preferences that you may have and my recommendation.

Professional Fees:

The fee for psychotherapy is \$250 per 50 minute session. Additional charges apply for report writing, special consideration applications, Centrelink documentation and funding applications. If you have been referred by your GP you may be entitled to a Medicare rebate of \$128.40 for 10 sessions per calendar year. In order for you to be rebated it is very important that you send the appropriate completed forms with an email at info@bhckids.com.au prior to your appointment and ensure that you see your GP after 6 weeks to be reviewed for further appointments.

Cancellation Policy:

There are no fees for sessions cancelled *48 hours prior* to a scheduled appointment. We require 48 hour notice for any appointment cancellation. Less than 48 hour notice will incur a \$40 cancellation fee, and less than 24 hour notice will be charged at full consultation rate. Please be aware that you will not be able to claim a rebate from Medicare for cancellation fees.

Professional records:

The laws and standards of my profession require that we collect personal information about you in your clinical record. This includes information such as name, address, contact phone numbers and documentation of service provided. This is a necessary part of the psychological assessment and treatment that is conducted and enables a relevant and effective service.

You are entitled to request access to your health information at any time, except in the unusual circumstances where disclosure would be damaging to you and/ or makes reference to another person (unless such person is a health care provider), and we believe disclosure would be damaging for that person, or where information has been supplied to me confidentially by others. If you wish to see your records, please submit your request in writing. We recommend that you review them in the presence of your therapist, or you may have information forwarded to another mental health professional, to discuss the content. Clients may be charged an appropriate fee for any professional time spent in responding to information requests.

Charter for Clients of Psychologists:

The attached Charter explains your rights as a client of a psychologist. Your approval/consent of our telehealth services form (please see attached link at the email you have received) indicates that you both parents/guardians (**where the client is under 18 years**) have read the information in this document and agree to the conditions for the psychological services being provided.

On behalf of BHC for Kids,

Ronit Serebro

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BSoc(Fam Stds), MPsy(Clin Psych), MAPS*

&

Dr Charlotte Ho

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