



Abby Napora Individual & Couples Counselling

BCACC Registration # 11642

Consent to Treatment and Disclosure

Qualifications: I have my Masters in Counselling Psychology and I have my certification in conflict resolution. I have over 25 years of experience in working with individuals, couples and families in complex relational situations across generational and cultural lines. I have worked in humanitarian efforts in various parts of the world and have volunteered with the Victim Assistance Program where I did crisis intervention and stabilizing work with victims of crime and trauma. I am a Registered Clinical Counsellor with the BC Association of Clinical Counsellors (RCC) who is responsible for licensing and regulating counsellors in British Columbia. The emphasis of my practice is individual and couple counselling with consideration to the family as a unit.

Therapeutic Orientation: In my practice, I use Cognitive Behavioural (CBT), Emotionally Focused Therapy (EFT) and Solution Focused Therapy (SFT) to address a wide range of issues regarding communication challenges, anxiety, depression, abuse, trauma, relational conflict, addictions and anger issues.

CBT focuses on identifying and changing troublesome thoughts, which in turn changes emotions and behaviours. Clients work to develop new ways of thinking, which shifts their perception of situations and changes how they feel and respond to them. This is a short-term goal oriented approach to treatment lasting between 8 to 12 sessions.

EFT is an evidence-based approach that utilizes a combination of emotion, attachment, and growth theory. It helps individuals understand themselves in context of their life experiences and attachment styles and gives them insight into how they attach to others. I work with clients to face painful memories, which affect their current lives negatively. Through empathy, I assist clients to discover ways to make healthy contact with these feelings, memories, thoughts, and physical sensations that they have ignored or feared and avoided. Once my clients learn how to access these negative emotions and experiences they are able to use them as resources to address their fears, sadness of abandonment, and shame of inadequacy that have developed from past traumatic experiences. They then learn how to attach to others in meaningful and secure ways. As such, EFT is very effective in couples' therapy. It is a short-term therapeutic plan that last between 8 and 20 sessions.

SFT focuses on desired outcomes as a therapy solution. Little attention is given to symptoms or issues that brought someone to therapy. This approach looks to the present and the future desires of the client instead of focusing on past experiences. I support clients by encouraging them to imagine their future as they want it to be and then I collaborate with clients on a series of steps to achieve their goals by using their own skills, abilities and resources. I support clients in emulating and integrating past patterns of success as a way of rehearsing the ways and approaches that worked for them before. This becomes a rich resource and motivator to achieve their future hopes and goals.

Nature of Counselling: Counselling is beneficial in that you will learn new coping skills and you will gain personal insight from reflective and introspective exercises. This will assist you in challenging and changing unwanted behaviours. From your learning, you will develop healthier ways of relating to those in your world. While counselling is a transformative process, there is risk of significant emotional discomfort. As you face the unpleasant issues that exist in your life, strong emotions may surface causing you unease. Your work will require courage and focus but I will always support you and we will walk together through the tricky spots in your journey.

Confidentiality: All information disclosed to me during your counselling sessions will be upheld to the highest confidence unless you instruct me to disclose information to those of your choosing in writing.

Exceptions to Confidentiality: I have a duty to disclose information should there be any reason to believe that,

- you are at serious and imminent risk of harming yourself or others
- a minor child is at risk through abuse and neglect
- or if your file is subpoenaed by the courts

At times, I may consult with a senior colleague to better support you. At this time, only your first name will be used. This colleague is also bound by her ethical and legal duty to uphold confidentiality.

Couple Counselling: If you or your partner require individual sessions while you are in couple counselling and chose not to be referred to other therapists outside of my office, then your individual sessions will be treated with the highest level of confidentiality. It would be your personal choice to bring forward any information from your personal sessions to the couple sessions and will be initiated by you.

Fees: Individual Therapy - \$100.00+ 5% GST = \$105.00 for a 55 minute session.

Couple Therapy - \$110.00+5% GST = \$115.50 for a 55 minute session.

If you are having financial challenges please let me know so that we can determine a suitable rate for you or an alternate payment option.

Payment occurs in full after each session and a receipt will be issued immediately. You are responsible to confirm the scope of coverage provided by your health care provider, submitting any required documentation directly to them.

Cancellation Policy: 24-hour notice is required for **cancellation** of a scheduled session or you will be charged in full for that session. Please call my office to advise me of any delays. I will wait 15 minutes, and then assume that you are not coming. If you arrive late, our time will be limited to the remaining time allocated for your session and you will be charged your regular fee. There will be exceptions for any emergencies that arise.

If I have to cancel or postpone your appointment on my end due to emergencies I will do my very best to let you know in an adequate amount of time as I respect and value your time as well.

Client Rights: You have a right to have access to your records and discontinue treatment at any time during our therapeutic relationship. It is my hope that we will be able to discuss and work through any concerns you may have before we conclude therapy. Should you choose to discontinue treatment please let me know in advance so that I can put a note in your file and close it appropriately. I would also appreciate the opportunity to refer you to another counsellor who may be a better fit for you. Every decision will be made with your best interest in mind.

If we have been working together for a long time with little to no change in the issues you wish to address, then I will refer you to another counsellor to continue your work, as is my ethical obligation to you.

If at any time you believe that I have treated you unfairly and have not respected your rights and dignity then you have the option of contacting the BC Association of Clinical Counsellors to make a formal complaint.

Your signature below will indicate that you have read and understood this form and what it means in terms of your rights, confidentiality and billing, and that you agree to receive counselling from Abby Napora.

Signature of Client

Date

Signature of Client

Date

Signature of Parent/Guardian

Date

Signature of Counsellor

Date



A designation of BC Association of Clinical Counsellors