



## Counselling Client Consent Form for Private Clients<sup>1</sup>

### Confidentiality

It is a legal and ethical requirement for counsellors and similar professionals to inform clients of the limits of confidentiality, and for clients to agree to these limits prior to counselling commencing. This is a normal procedure and ensures your safety and security during sessions.

For Couples Counselling, please both parties need to complete an intake form and tick the appropriate boxes.

Counselling sessions are confidential between client and counsellor, except for the following exceptions:

- If the counsellor considers that the client is at risk of seriously harming him or herself or someone else.
- If the client reveals any presently occurring child abuse.
- If a court subpoenas information concerning client records.
- If another party or agency requires your records and you have agreed to this in writing.
- To ensure the best possible services, counsellors sometimes discuss cases anonymously with their supervisors.
- Where counselling involves participation in group or couple sessions, you are committing to keeping confidential any personal information shared with you by other clients or partners during sessions, unless the person or partner concerned gives you permission otherwise.

For phone or Zoom sessions, please ensure you are in a private environment, just as you would be for face-to-face.

Please do not bring children or babies to sessions - much as we love them, they distract from the efficacy of the session. It is also not in their interests to be present during counselling discussions. This applies to all sessions, including phone and Zoom. To get the best from sessions, we all need to give our full attention. Thank you for your understanding and cooperation.

When completing your intake form, you will be asked to state that you have agreed to these conditions. Thank you.

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<sup>1</sup> *Subject to periodic review*