



## Consent Form & Contract for Individual Counselling & Psychotherapy

**COUNSELLING & PSYCHOTHERAPY (C&P)** are confidential processes designed to help you address your concerns, come to a greater understanding of yourself and learn effective personal and interpersonal coping strategies.

### CONFIDENTIALITY

All C&P interactions, including content of your sessions, progress and records are confidential **except in the following circumstances:**

1. If necessary, the therapist may consult with other counselling staff to provide the best possible care. These consultations are for professional and training purposes and you will be informed if this may be necessary.
2. If there is evidence of clear and imminent danger of harm to self and/or others, the therapist is required to report this information to the appropriate authorities.
3. If it is suspected there has been physical or sexual abuse or neglect of any person under 18 years of age the therapist will report this information to child protection services.
4. A court order, issued by a judge, may require the therapist to release information contained in records and/or require a therapist to testify in a court hearing.

### Skype & Online Sessions

All precautions are taken to ensure confidentiality during online sessions, but it is impossible to guarantee that internet communication will be 100% secure.

### ABUSIVE BEHAVIOUR

We operate a zero-tolerance policy towards abuse from clients. Abuse comes in many forms including verbal, physical, racial and sexual. You are contracting here to maintain a respectful and professional relationship with your therapist.

### ACCESS

You may access the material in your file upon request. This access will comply with the national privacy legislation. You may request in writing for the therapist to release specific information about your C&P sessions to person(s) you designate.

### FEES

Details:

- All sessions must be paid in advance. The cost of individual or couples therapy session is HKD 1,800.
  - A package of 4 sessions costs: HKD6,000.
- **Payments:**
  - **ONLINE:** using PayPal - no account required - **Blue Box: Therapy: 'Individual' or 'Individual 4 sessions'**  
Please add your name and date of the (first) therapy session
  - **Bank Transfer:** Bank of China  
Account Name: **AMINDSET**  
Account No: **012-875-20138758**  
If you make a Bank transfer, please email: [office@amindset.hk](mailto:office@amindset.hk) with the transfer details
- Clients who regularly cancel or fail to attend a session may incur an additional HKD500 fee.

