

SHARI DERKSEN, MA

REGISTERED PSYCHOLOGIST

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SERVICES AGREEMENT

The following document contains important information about the professional services I provide, my business policies, and your rights as a client. Please read it carefully. Your signature at the end of this form indicates your agreement with it and consent to proceed with services.

ABOUT YOUR THERAPIST

I am a Registered Psychologist with the College of Alberta Psychologists (www.cap.ab.ca) in the province of Alberta (Registration #4966). I am also a member in good standing of the Psychologists' Association of Alberta (www.psychologistsassociation.ab.ca).

I completed a Bachelor of Science (BSc) in Psychology at the University of Calgary in 1999, and a Master of Arts (MA) in Counselling Psychology, specializing in Holistic Studies, at John F. Kennedy University in San Jose, California in 2013. I've also had 3 years of extensive training in process-oriented therapy at Process Therapy Institute in Los Gatos, California. I have gained experience in providing mental health services to children, adolescents, and adults in both community and school-based settings, as well as in private practice, in both California and Alberta.

THERAPEUTIC APPROACH

As a clinical/counselling psychologist I offer individual and couple's therapy in a safe and non-judgmental environment that is LGBTQ friendly, focusing on healthy relationships and healthy sexuality. I also work with a number of other issues. With a background in Holistic Studies, I understand the importance of trauma-informed therapeutic approaches that integrate body, mind, and spirit, as well as the value of incorporating cultural and spiritual practices and ideology relevant to clients. My therapeutic approach is humanistic, trauma-informed, and process-oriented, utilizing techniques such as experiential, cognitive-behavioural, solution-focused, Jungian, Adlerian, and process therapies as appropriate to address individual client needs. I tend to draw largely on my training at Process Therapy Institute in California, which taught a perspective that is a mix of humanistic, transpersonal, Rogerian, Taoist, and existential ideas, and is often Gestalt and experiential in action.

CONFIDENTIALITY

Confidentiality is the foundation of any client-therapist relationship, and I am ethically and legally obligated to safeguard your information and the manner in which I collect, use, and share it with others. It is important for you to know that there are some specific situations in which your confidential information may be disclosed to others without your informed, written consent. These include:

- 1) Where there are reasonable and probable grounds to believe that your safety or the safety of another person is at risk,
- 2) Where there are reasonable and probable grounds to believe that a child or vulnerable adult is in need of protection, or
- 3) When information is subpoenaed by a court of law for the purposes of legal proceedings.

In the case that your information has been or must be shared without your consent, you will be notified of this disclosure at the earliest possible opportunity. Disclosure will be limited only to what is necessary to be shared, and only to those who reasonably need to know.

Adolescent Clients: Except for the circumstances mentioned above, I will not share with your parents/guardians information you share in our private therapy sessions. However, in using my professional judgment, if I determine that you are in immediate and serious danger of being harmed I will inform your parents/guardians of this.

Your client records will be maintained for a minimum of 10 years, as per standards outlined by the College of Alberta Psychologists. They will be stored in a locked cabinet or securely stored electronically.

POTENTIAL RISKS AND BENEFITS

There are benefits and risks to engaging in any form of counselling or psychotherapy. The potential risks are considered to be relatively few, but may include the following:

- You may experience uncomfortable feelings, such as sadness, guilt, fear, anxiety, frustration, anger, or loneliness, because the process of therapy often explores some of the more difficult aspects of your life.
- You may find yourself recalling unpleasant memories either during or in between sessions, which is a normal part of the therapy process.
- Your relationships with the people closest to you may begin to change, as you begin to learn more about yourself and find new ways of coping and problem solving.
- You may find therapy is simply not a good fit for you.

Despite these risks, therapy has generally been shown to benefit those who choose to engage in it. While some uncomfortable feelings may emerge in the short term, therapy often leads to a significant long-term reduction in feelings of distress, increased satisfaction in relationships, greater personal awareness and insight, and development of more effective coping skills. Therapy will require hard work and active effort on your part, both within and outside of sessions, to be maximally beneficial.

Please feel free to bring up questions or concerns you may have at any time during the therapy process so that we can discuss them. In the case that we decide it would be best not to continue working together, I will be glad to explore other options with you, such as a referral to another mental health professional who might be more suitable to address your individual needs.

PROFESSIONAL FEES

Fees are \$200 per session in accordance with guidelines outlined by the Psychologists' Association of Alberta (www.psychologistsassociation.ab.ca). The fee also includes my time on behalf of you in terms of record keeping and preparation. Fees for psychological services are not covered by Alberta Health Care. Payment can be made by Visa, Mastercard, Visa Debit, cash, cheque, or Etransfer. Visa, Mastercard, and Visa Debit payments will have an additional \$6.00 processing fee. Reduced fees are available on a limited basis.

I do not offer direct billing through insurance companies. Receipts will be issued each session which you can then submit for full or partial coverage through most extended health care benefits insurance programs. It is your responsibility to provide me with specific insurance program receipt forms, if required; otherwise I will provide general receipts.

APPOINTMENTS AND CANCELLATION POLICY

Appointments are generally 50 minutes in duration. The time scheduled for your appointment is assigned to you and you alone. 24 hours business day notice (Business Days: Mon-Fri) is required for cancellation of a scheduled session. This allows the opportunity to offer the space to someone in need. If you do not meet this requirement, you agree to pay the full session fee. In addition, you are responsible for coming to your session on time; if you are late, your appointment will still need to end on time, and you will still be required to pay the full session fee.

NON-THERAPEUTIC CONTACT

You may contact me at any time via email (shari@singyoursong.ca), or by phone (403-660-0271), if you have specific questions or concerns of a non-therapeutic nature (e.g., appointments, administrative issues, fee payment, etc.). I will make every reasonable effort to respond to your message within 24 hours. I cannot guarantee that I will be available at all times to respond to urgent messages. If you are in distress, please call the Distress Centre at 403-266-HELP(4357), and if it's an emergency please call 9-1-1.

CONSENT TO SERVICES

Your signature below indicates that you have read this Services Agreement and agree to its terms.

Printed Name of Client

Signature of Client

Signature of Parent/Guardian for Clients under 18

Date

Printed Name of Client

Signature of Client

Date