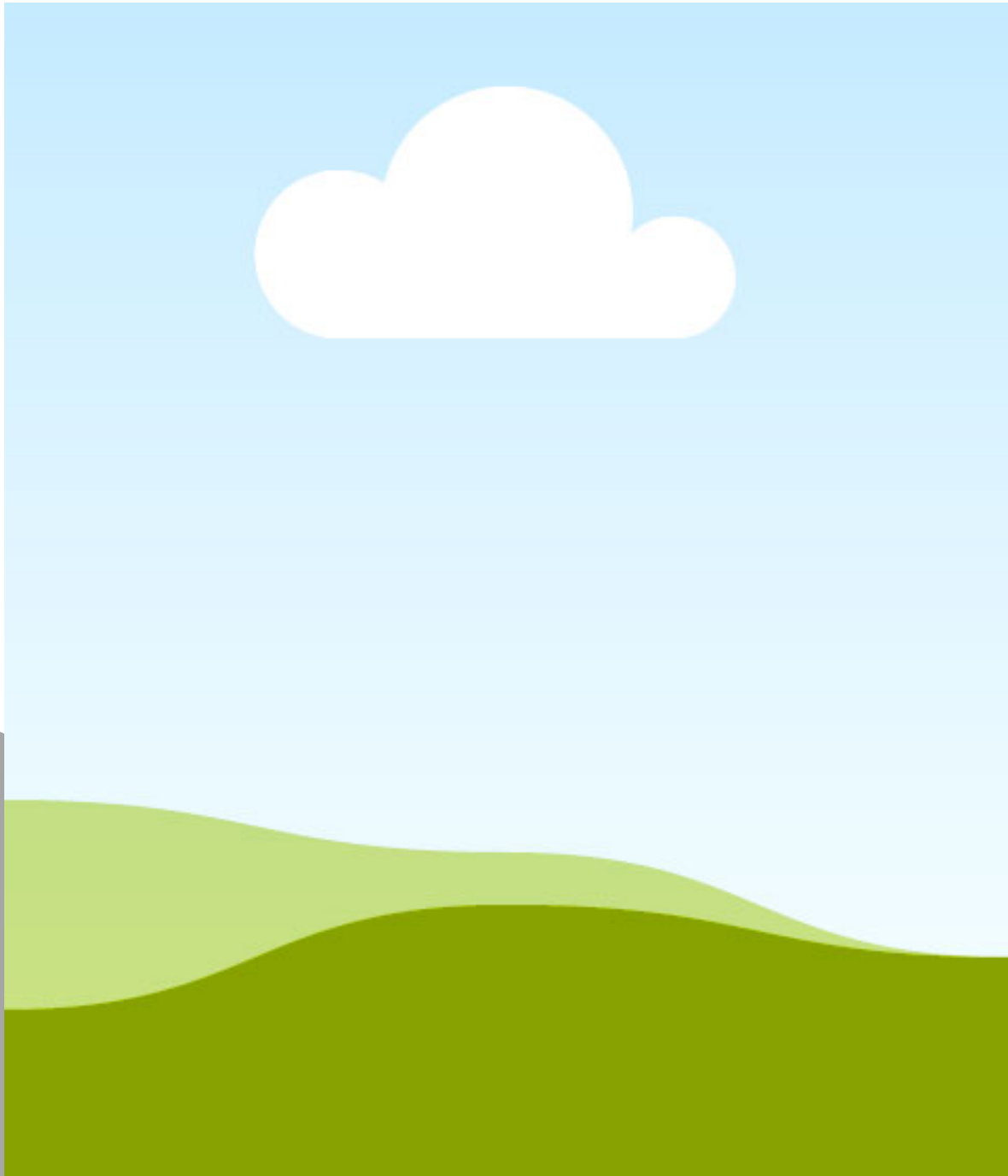


Client Contract & Informed Consent



Jason Stuart -
Counselling and
Psychotherapy



JASON STUART

Counsellor and Psychotherapist

Please find following my contact details. I am available between 9-5 Monday to Friday and outside of these hours in case of emergency.



++61 434 680 087



jasonjstuart@gmail.com



jasonstuart.com.au

Jason Stuart

Jason Stuart

CLIENT CONTRACT & INFORMED CONSENT

Welcome to my practice.

Please find following the therapy contract and informed consent. Participating in therapy is a courageous step towards leading a more content, deeper and richer life. I look forward to working with you.

Commitment to Your Growth & Recovery

When you enter into therapy with me, you are enrolling in weekly, depth-psychotherapy. The session space is yours until you decide to end your therapy.

I am deeply committed to your recovery, growth and psychological safety. This is ultimately supported by the level of commitment you make to yourself – both in your individual sessions and self-care practices at home.

Benefits

There is a growing database of evidence to support the efficacy of psychotherapy. Therapy works - I know this through my personal experience of attending therapy and through my professional experience working as a therapist. Jonathan Shedler's paper on the Efficacy of Long-Term Therapy highlights the benefits of psychotherapy and how the changes you make can last a life-time. This article is widely available online if you would like to read it. If this therapy doesn't feel right for you, that is ok – there are many other types that may be more well suited to you.

How Therapy Works

Whilst the type of therapy is important, evidence shows it is the relationship you build with the therapist which is the ultimate healing factor. Weekly therapy supports and holds this relationship. It also provides a safe and secure base to explore your inner and outer world. Regularity and continuity are important as they keep your process moving, hold you psychologically and underline the deep commitment that you have made to yourself.

Risks

Please note that you may experience uncomfortable feelings throughout your therapy. This is normal if you have been estranged from your emotional life. Our work together will help you to increase your window of tolerance for such feelings. I encourage you to let me know if you ever feel uncomfortable, we can pause at any time and go at your own pace.

COVIDSafe Business

People with trauma histories often have compromised immune, self-care and self-protection systems. As a way of modelling care and protection, and as a duty of care to myself, my family and all of the women that I work with, I feel strongly about mitigating the risk of infection from COVID-19 as much as I possibly can. I have therefore made the choice to follow the NSW State & Australian Government Guidelines and Health Orders. I am a COVIDSafe business, have an in-depth COVIDSafe plan registered with the NSW & Australian Governments and I am up-to-date with my COVID-19 vaccinations and boosters. Please see the COVIDSafe Informed Consent in addition to this contract.

Frequency of Sessions

We meet at the same agreed time, day and venue each week and your session starts and ends at the agreed time, even if you are late. If you are coming to my home office, please wait in your car until your session time. Sessions are for 50 minutes. The last few minutes are used for paying fees and administration. At any stage in your therapy, you may require extra support - this is normal - many people attend therapy more than once a week. If we agree to extra sessions, the same terms and conditions apply to subsequent sessions.

Holidays

The allowance for holidays is 4 weeks pro rata in addition to my holidays and continued professional development commitments. Breaks in therapy can stir up big feelings and underlying early childhood attachment disturbances – because of this, I intend to give you plenty of advance notice of my holidays via email at the start of the new year and the start of the financial year. Please email me your holiday dates with as much notice as possible - this allows us to plan for the breaks.

Sickness, Cancellation & Missed Appointments

The cancellation period is 24 hours' notice; otherwise, your session is to be paid for in full. This is capped at 3 x 24-hour cancellations per year. After 3 cancellations or missed appointments, all sessions outside of the holiday allowance incur the full session fee. You are enrolling in a course of therapy and this policy allows me to keep your space open for you until you make a decision to end your therapy. Please transfer on the usual day or bring your cancellation fee with you to the following session.

When cancelling sessions – please notify me via text or email. I am happy to Zoom your session if you are unable to make it due to illness, business/overseas travel or bad weather if you are coming via public transport. If you cannot connect for any reason, the 24-hour cancellation fee applies. If you know in advance that you will be unable to make your session, I will try my best to reschedule you in at another time in the same week – however, my practice is often full so this may not always be possible.

If last minute cancellations occur on 3 occasions within a short time-frame, we will explore together whether there are any underlying concerns about therapy, how you are feeling about therapy and whether now is the right time for you.

Please note that if you are late, or if I charge you a cancellation fee, I spend your usual session time in self-supervision or I read a relevant topic that will support our work together. This is what we call in psychotherapy, 'holding space'. If you have something specific you would like me to read or research, please let me know. This makes for deep and rich work on your return.

Fees & Payment

Therapy sessions are \$140 per 50-minute hour and \$160-\$180 for ecopsychotherapy (depending on the location). Please transfer your fees prior to your session and cc me on the receipt. Alternatively, bring your fee with you to the session. Many people set up a weekly direct debit, pausing when sick or on holidays – you are more than welcome to do this if you think it will make your life easier!

My fee structure is reviewed annually. I raise my fees for new clients at the start of the year and 6 months later for existing clients which is the start of the financial year.

Investing in psychotherapy is ultimately about taking responsibility for your health and wellbeing and it reflects the value you have chosen to place on your recovery and growth. If your financial situation changes or you find yourself having concerns about the money side of therapy, do feel free to bring any concerns to your sessions and we can spend time working through this in relationship with each other.

Confidentiality

I hold the contents of the sessions to be confidential; with the proviso that I receive clinical supervision at least ten times a year and whereby I may discuss issues that arise in therapy (supervision is also bound by rules of confidentiality). If I believe you are in danger of harming yourself or others and/or engaged in criminal activity I will make contact with the appropriate external agencies, however, I will discuss this with you first. Although rare, a court may order my testimony if it determines that the issues demand it.

Code of Ethics

I am a member of the Australian Counselling Association (ACA). I adhere to their Code of Ethics. See: <http://www.theaca.net.au>. If you are ever unhappy with anything that has arisen in your therapy, please talk with me so that I can respond to your concerns. I will take your feedback seriously, and with care and respect. If you feel that I have breached my code of ethics, you can contact ACA via the link above.

I am deeply committed to my own psychological wellbeing via self-care, ongoing depth psychotherapy, continued professional development and clinical supervision. I have spent a significant amount of time in my own therapy and understand that sometimes it can be difficult to raise concerns – I have felt like that too – however, therapy is a wonderful opportunity for you to build your confidence and assertiveness in relationship with others.

Contact Outside of Session

The best way to contact me is via email or text message. In case of emergency, it is ok to call me but please bear in mind that my phone is often on silent. I will respond in due course.

Review Sessions

Initially, we will contract for 6 sessions and then we will have a review. The purpose of the review is for you to reflect on how the therapy is going for you so far. A further decision whether or not you would like to continue the open-ended weekly sessions with me as your therapist, is made at this stage. Finding the right therapist is key to your self-development and healing process. I support you in finding the right therapist for you – even if that isn't me!

Ending Therapy

You can terminate your therapy at any time and for any reason. If you feel like ending all of a sudden or after a session that might have been challenging or painful, my recommendation is to reach out and talk to me about it so that we can work through it in relationship with each other. Your feelings matter to me. If you think you would like to end therapy, I recommend you allow one session's notice within the first 6-week initial contract. After 6 weeks, the ending recommendation is at least 3 sessions' notice. In most cases, endings often take much longer than that! Allowing time for an ending honours the work undertaken, and gives you an opportunity to properly review and conclude your therapy. Endings can be difficult. Ending in a relational way is another opportunity for you to work through things differently from your past. Feedback is welcome!

Library Books

Throughout your therapy, you are welcome to borrow books from my personal library. If you need to replace the book for any reason, you can order it online. When you end your therapy, please return the book or you will be invoiced for the \$ amount.

Social Media

I do not accept friend requests from clients during or after therapy. This is to avoid dual relationships and to adhere to my ethical code of conduct. I do not engage in any kind of advice giving or online therapy through my social media pages – they are merely to provide resources to the public. If you follow my social media pages, please be aware that likes, follows and comments may appear in your news feed. Your privacy is of utmost importance to me. Please read my separate Social Media Policy for further information and in addition to this contract.

Mailing List

I occasionally send newsletters and resources to my mailing list. If you would like to be added to my confidential mailing list, please sign here: _____

Privacy

Your privacy rights are important to me. I am committed to providing quality services to you and my privacy policy outlines my ongoing obligations to you in respect to how I manage your Personal Information. Please see the Privacy Policy Informed Consent in addition to this contract.

INFORMED CONSENT CHECKLIST

Please make sure you have read the following

- COMMITMENT TO YOUR GROWTH & RECOVERY
- BENEFITS
- HOW THERAPY WORKS
- RISKS
- COVIDSAFE BUSINESS
- FREQUENCY OF SESSIONS
- HOLIDAY ALLOWANCE
- SICKNESS, CANCELLATION & MISSED APPOINTMENTS
- FEES & PAYMENT
- CONFIDENTIALITY
- CODE OF ETHICS
- CONTACT OUTSIDE OF SESSION
- REVIEW SESSIONS
- ENDING THERAPY
- LIBRARY BOOKS
- SOCIAL MEDIA
- MAILING LIST
- PRIVACY

CLIENT CONTRACT & INFORMED CONSENT

Conclusion

Thank you for taking the time to read the Client Contract and Informed Consent. If you have any concerns, please bring them to my attention so that we can discuss them. By signing below, you are in agreement to the Client Contract and Informed Consent..

I acknowledge and understand the CLIENT CONTRACT & INFORMED CONSENT:

Client:

Therapist:

Signature:

Signature:

Date:

Date:

6-Week review completed and commitment to open ended weekly psychotherapy. I acknowledge and understand the CLIENT CONTRACT & INFORMED CONSENT:

Client:

Therapist:

Signature:

Signature:

Date:

Date:

**“OWNING OUR STORY CAN BE
HARD BUT NOT NEARLY AS
DIFFICULT AS SPENDING OUR LIVES
RUNNING FROM IT. EMBRACING
OUR VULNERABILITIES IS RISKY
BUT NOT NEARLY AS DANGEROUS
AS GIVING UP ON LOVE AND
BELONGING AND JOY—THE
EXPERIENCES THAT MAKE US THE
MOST VULNERABLE. ONLY WHEN
WE ARE BRAVE ENOUGH TO
EXPLORE THE DARKNESS WILL WE
DISCOVER THE INFINITE POWER OF
OUR LIGHT.”**

BRENÉ BROWN