

MARIE YVETTE LEPAGE - COUNSELLING SERVICES INFORMATION SHEET

My orientation to practice has always been to support individuals and families in maximizing their potential for social, mental, emotional, and spiritual wellbeing. My approach aims to foster resilience, affirm agency, and to provide psychosocial support for meeting life's challenges in healthy ways.

There are many roads to health and wellbeing. There are also many different approaches to counselling. And of course, each counselor will have different strengths and skills. That said, most counselling therapies agree that the nature and quality of the relationship that develops between the client and the counsellor is primary - that there is felt sense of safety, respect, collaboration, and most of all, a good "fit" in the context of the therapeutic relationship. A relationship of any depth usually takes time to develop, but generally speaking, most of us sense the potential for this fairly early on in the process of getting to know each other.

During our first session you can anticipate that we will be evaluating our mutual sense of fit. I will also be seeking clarity in terms of what you hope to gain from counselling, and will explore with you some of the advantages, limitations, and/or any potential risks I see in going forward. If we decide to go ahead, I will check with you from time to time to ensure our work together is proving helpful to you, and invite further conversation if there is anything that could be done differently to better meet your needs.

If you can't come to an appointment you've scheduled, **please cancel with a minimum of 24 hours notice.** With rare exceptions, **no-shows / late cancellations will be billed at the full hourly rate.** It is usually easiest to reach me by email: mylepage@proton.me, or by text: 876:689-6462.

Confidentiality and Protection of Privacy:

Be assured, I take your confidentiality seriously. I will not disclose your attending counselling without your written permission, including the person who may have referred you to me. It is also your choice whether you wish to greet me in public. I leave it to you take the lead.

I keep a file for each client. Files include the client's contact information, session notes, interventions offered, outcomes, forms, applications, and anything else relevant to your counselling.

Keeping a file is necessary to provide you with the best service possible. Session notes helps me remember the details of what was said in the past, keep track of what was agreed upon, and to see the progress you are making. Please note: Files are kept securely and are never transported. I store files securely, double-locked in my home office. They are not accessible to any other person. Files are retained for a minimum of 8 years, and then confidentially shredded.

There are some exceptions to confidentiality. It is important that you understand these from the beginning:

- I am compelled to protect people from serious harm. When there is a risk of suicide, violence, or harm to a child, or vulnerable person, I may have to breach confidentiality, even if you do not agree. These situations are unusual. When they occur, I will share only the information necessary to ensure safety.
- It is possible that I, or you're the information in your file, could be subpoenaed by the courts. I would have to comply with a Court Order.

Other information to note:

- In an effort to ensure the best quality of service possible, it is my practice to consult with colleagues, on an "as needed" basis. This will be discussed as part of the intake process.
- Unless otherwise arranged, client files are closed after three months of inactivity. Returning clients whose files have been closed may elect "follow up services," for a maximum of 5 sessions per year, or may be waitlisted, if they wish to resume ongoing therapy.
- Ending therapy is most often a mutual decision that includes some discussion between the therapist and the client. While such discussions can often be clarifying and fruitful, clients have the option to stop therapy at any time, with or without providing any explanation.
- Fee: My current fee is \$160/hr. I am not required to collect GST. Payments are accepted in cash or by e-transfer, ideally within 24 hours before or after your session. Once payment has been received, receipts will be provided that can be used for reimbursement, should you have extended benefits coverage.

Professional Registration:

A professional regulatory body is an independent organization that strives to ensure registered practitioners are properly trained, and are providing ethical, competent services. Part of their role is to investigate complaints made by clients. There is no regulatory body for social workers in Yukon. For this reason, I am registered outside of the territory with the Newfoundland & Labrador College of Social Workers, Certificate Number 3536.

Thank you for your consideration of my services.

Yvette LePage, M.S.W. R.S.W.