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Parent Education & Resource Centre
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CLIENT INFORMATION PAGE

The Nature of Counselling

Counselling aims to help reduce emotional distress and/or facilitate a problem-solving process. Please feel free to ask questions at any time regarding your counseling experience. It is helpful to keep the following points in mind as well:

- Although the long-term goal of counseling is to resolve difficulties, there may be temporary emotional discomfort during the counselling session when sensitive issues are explored.
- The counseling process ends when you feel you have attained your goals or when no further progress is being made. It is helpful to evaluate progress on an ongoing basis. Many people return after a period of time for further counseling as needed.

Telephone Counselling:

Once an appointment has been scheduled, I will call you at the pre-determined time to discuss your concerns. Sessions are booked in hourly increments. However, if the issues to be discussed take no more than $\frac{3}{4}$ or $\frac{1}{2}$ an hour, then you will be charged a pro rated amount. The cost of counseling is \$190.00 per hour, \$142.50 for $\frac{3}{4}$ hour and \$95.00 for a half-hour. So long as you reside in Ontario and have extended health insurance coverage, these fees will be covered by your plan.

If fees are a concern, please make sure to check your insurance coverage prior to our counseling session since all plans differ. You may also require a referral note from your doctor in order to make your claim. My fees are covered under the psychological services section of your plan. If your coverage is extremely limited and counseling seems unaffordable, please speak to me prior to our appointment time so that special accommodations may be made. Once payment has been received, I will issue you with a receipt which you may submit to your insurance company for reimbursement.

As you will see at the end of this page, I am requesting your credit card number. As with all other information received from you, this will be kept completely confidential. As noted, you may give permission that I collect payment from VISA on your behalf, sending an email transfer, or you have the option of submitting a cheque made out to Sara Dimerman within 10 days. So long as I receive payment within that time period, I will not bill your credit card for payment of your account.

Please note that all NSF cheques are subject to a \$12.00 service charge.

Also note that I require 24 hours notice if you wish to cancel your telephone appointment. True emergencies excepted, half of your normal fee (\$95.00) will be charged for sessions which are not cancelled 24 hours in advance. This WILL be charged to your credit card.

If you have any questions or concerns, you may contact me via voice mail, which is available 24 hours a day @ (905) 882- 7690. Calls will normally be returned within 24 hours. You may also email me at helpmesara@sympatico.ca.

Your signature below indicates that you have read the client information page above, the consent to treatment form, and understand and agree with all that has been stated.

SIGNATURE: _____

DATED: _____

CARD #: _____ EXP. DATE: _____

_____ Please bill my credit card account for services rendered

_____ Please do **not** bill my credit card account. I prefer to send a cheque or email transfer.

Cheques to be made out to: Sara Dimerman and sent to
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