

INFORMATION AND CONSENT FORM

Svetlana Lilova is a Registered Psychotherapist who holds a Master of Arts in Counselling Psychology and has been practising psychotherapy since 2007 at various settings with clients from diverse cultural and ethnic backgrounds.

Svetlana is currently in private practice and works in Toronto, Ontario, Canada. Svetlana provides experiential psychotherapy to adults, adolescents, and couples, with concerns and personal difficulties such as depression, anxiety, grief, despair and other existential concerns, relationship difficulties, career direction, abuse, trauma, low self-esteem, injury and pain, life transitions, just feeling stuck or lost, difficulties moving to action or getting things done, emotional intelligence, creativity, and presence. Svetlana receives supervisory consultation by a psychologist with whom information is shared only for the purpose of providing best therapy and professional development, and when needed, preparing reports on the clients' behalf. Strict confidentiality is maintained.

What Happens in Therapy

The first psychotherapy appointment is primarily introductory and aims to answer any questions or concerns the person or couple may have; the person's or couple's goals or hopes for change as a result of therapy; and to determine whether Svetlana can meet the person's or the couple's needs.

The first session also indicates the fit between therapist and client – a very important factor in healing. It is hoped that the person would feel heard and understood; gain a sense of Svetlana's style and approach to therapy; and get Svetlana's opinion about his or her goals and how they would be achieved.

Subsequent sessions unfold collaboratively according to the uniqueness of the person and his or her personal goals and point along life's journey. While the person does the actual work – introducing concerns, self-challenges, goals, and personal explorations, Svetlana helps create a safe, respectful, and empathic environment so that such work can unfold. The client is believed to have innate wisdom which, with help, can be accessed so that he or she can move toward integration and wholeness.

Pricing

Therapy can be claimed as a medical expense for income tax purposes and you may be able to claim it as a professional expense depending on your employment contract. My services are *not* covered by OHIP.

Fees are set according to the recommended rates established by the Ontario Psychological Association and are based on level of training and experience. In addition to the service provided, the fees are designed to also cover space expenses, additional time spent in related research, administration, supervision and consultation.

Acceptable methods of payment include cash, personal cheques, and electronic or PayPal money transfers. Payment is due at the end of each session; a receipt is provided. Clients can submit their receipts for

reimbursement if they have extended health benefits. Prospective clients are encouraged to investigate the provisions of their particular health benefits package before the initial appointment.

Session Length

Individual therapy sessions are typically 55 minutes in length, with 5 minutes allocated to administrative tasks. Couples sessions are 80 minutes in length. The frequency of therapy can be discussed and agreed upon in initial sessions.

Cancellation Policy

I require that clients provide at least 24 hours’ notice and 48 hours on long weekends if they find it necessary to cancel or change a scheduled appointment. The full session fee is charged for missed appointments and late cancellations.

Confidentiality

Svetlana Lilova maintains ethical and professional confidentiality regarding all personal health information clients disclose. Information will not be released to another person or organization without the clients’ written permission. Please note the limits of confidentiality outlined below.

Consent Form

Your confidentiality is guaranteed with the following *exceptions*:

1. If you report intent to harm yourself in any manner,
2. If you report intent to harm someone else,
3. If you report any abuse or neglect of a child 16 years old or younger, or a dependent,
4. If you report abuse you received by another regulated health practitioner (i.e., Medical doctor, Chiropractor, Massage Therapist, Occupational Therapist), and
5. If clinical records are subpoenaed by court.

In these instances, your information needs to be released for the protection of yourself or others. Should either of these situations emerge, an attempt would be made to speak with you before disclosure.

If you have any questions that have not been answered by this information, please ask.

I / We have read the information in this form and accept the conditions of the practice set out above:

Name(s) _____

Signature(s) _____

Date _____