

# Optimal Life

Optimizing Life Through Mind, Body, & Soul

## **Informed Consent For Counselling**

**Heather Kempton, MA, RCC**

Clinical Counsellor

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Informed consent in mental health services is one of the most important documents that the context of therapy offers. It specifies the rights and responsibilities of both the client and the helping professional in a therapeutic relationship in an attempt to maximize the safety and quality of treatment.

## **Professional Credentials**

Heather Kempton is a Registered Clinical Counsellor with the British Columbia Association of Clinical Counsellors and holds a Masters of Arts in Counselling Psychology from Yorkville University. Heather received a Bachelor of Arts with a double major in Psychology and Sociology from the University College of the Cariboo, as well as completed courses in Youth Probation at the Justice Institute of BC. Heather has also received postgraduate training in couples counselling from the Gottman's Relationship Institute, as well as attended multiple seminars for mental health and addictions. Heather received training from the Cory Holly Institute for sports nutrition and received training as a Certified Sports Nutrition Advisor. Heather believes that ongoing learning is fundamental for her professional growth, so she continues to seek up-to-date literature and exciting training opportunities within the field.

## Therapeutic Style

Heather's practice involves supporting individuals, couples, and families heal their relationships with themselves and others. She supports and celebrates her client's personal growth, providing an atmosphere of safety and healing. Heather is known for her compassionate and non-judgmental style and her ability to foster and facilitate change. Her therapeutic orientation can be described as eclectic as her work combines a systemic perspective of relationships, grounded in mindfulness, experiential, cognitive-behavioural and empowerment techniques.

Heather's goal at Optimal Life Therapy is to help optimize her client's life through establishing awareness and developing a connection to the mind, body and soul. This is achieved by combining the benefits of physical fitness with cognitive behavioural therapy, as well as mindfulness, experiential and empowerment techniques. Heather provides sessions in a therapeutic office setting, and also in an alternate environment where a combination of counselling and physical fitness is used as a tool to initiate change.

Heather believes that tension, anxiety, depression, addiction and everyday pressure can be relieved through working the body and mind in tandem. This tandem can bring clarity to one's life purpose and provide optimal balance in behaviour to conquer life's tasks. This balance will also help client's discover how to move from a world of disconnection into a world of connection, empowering them to face the reality of their fears and ultimately conquer them.

Length of treatment varies according to the nature of the client's difficulties and the client's readiness to engage in change. Depending on the individual and area of conflict a brief therapy approach can be initiated over 6 sessions as well as extended into longer term therapy if needed. The ultimate goal is to empower the client to become self sufficient, utilizing supports and tapering out of counselling.

## Practice Standards

Heather's fee for individual counselling and life coaching is \$140 per 50 minute session, \$200 per 80 minute session, as well as \$260 per 110 minute session. Heather's fee for couple's counselling and family counselling is \$150 per 50 minute session, \$220 per 80 minute session, as well as \$300 per 110 minute session. Payment of the service fee will be required at the end of each session unless you have made prior arrangements with your counsellor. Forms of payment include most major credit cards, debit, e-transfer, cash or cheque. Heather has available packages to reduce cost for longer term counselling and coaching needs.

**24hr notice is required to cancel your session, otherwise you must pay the full session fee at your next scheduled meeting. If you miss a session without cancelling, you must pay for that session. If you are late for a session we will end on time and not run into the next scheduled session.**

## Your Rights as a Client

The therapeutic relationship entails clearly defined rights and responsibilities, held by both the client and his/her therapist. This enables the development of an atmosphere that promotes safety, risk taking and support so that the client has the empowerment to change. As my client, it is important for you to know your rights so that you are ensured that your well-being is my goal. There are also certain legal limitations to those rights that you should be aware of.

You have the right to participate in the ongoing counselling plans, to refuse any recommended services/suggestions, and to be advised of the consequences of such refusal. You have the right to access your counselling records. You have the right to confidentiality of your therapy. I am bound not to divulge any information you share in our sessions without your prior written permission and/or when required by law. However, I may from time to time need to consult with other professional counsellors regarding your case, at which your name will not be divulged.

## Confidentiality and the Limits of Confidentiality

Counselling relationships and information resulting from them are kept confidential. However, there are the following exceptions to confidentiality:

- 1) when disclosure is required to prevent clear and imminent danger to the client and or others;
- 2) when legal requirements demand that confidential material be revealed; and
- 3) when a child is in need of protection

I have read the above statements, had sufficient time to ensure that I considered it carefully, asked any questions that I needed to and I am over the age of eighteen. I understand and accept the above statements and agree to enter into a counselling relationship with Heather Kempton, MA, RCC.

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Client's Signature

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Date

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Counsellor's Signature

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Date