

Debbie Wren Counselling  
0485 527 740 / debbie@debbiewren.com / ABN 40 064 344  
595



## **Consent and Information**

### **Introduction to Counselling**

It is important to be fully informed about counselling and the counselling process before beginning therapy. Please read the following information carefully and feel free to ask any questions.

### **Informed Consent and Agreement**

Professional counselling is a safe and confidential collaboration between qualified counsellors and clients, aimed at promoting mental health, well-being, greater self-understanding, and resolving concerns. Clients participate actively at all stages of the counselling process.

People seek counselling for varied reasons. Each individual brings unique experiences, perspectives, and expectations, and therefore outcomes may differ widely. While specific results cannot be guaranteed, commitment to best practice is assured.

Counselling may address issues and aspects of life that can trigger a range of feelings and reactions. It is important to communicate openly if any such experiences arise, ensuring appropriate support is provided.

- Aim to attend every scheduled session
- Be prepared to share thoughts and feelings openly
- Complete any agreed out-of-session tasks
- Ask for clarification on any counselling activities or raise any doubts or concerns

## Professional Background and Approach

Debbie Wren holds a Diploma in Counselling and is currently pursuing a Masters in Counselling. She is a Registered Counsellor with the Australian Counselling Association (ACA), practising within the ACA Code of Ethics and the State Government's Code of Conduct for unregistered health professionals.

The counselling relationship is considered essential to the process. A respectful and non-judgemental atmosphere is provided, where every person's experience is valued and understood. An integrated, person-centred approach is used, drawing from theories of human development, personality, attachment, and contemporary psychodynamic perspectives.

## Practical Considerations

### Hours of Practice

Consulting hours are available on the booking page

### Session Frequency

Standard sessions last 50 minutes. An initial commitment of five appointments, scheduled weekly or fortnightly, is recommended, but this will be discussed and agreed on. There is no ongoing commitment if you don't feel that counselling is right for you.

### Scheduling and Telehealth

Sessions are available in person or via telehealth. For phone or video conferencing:

- Ensure a confidential and uninterrupted space, possibly with a headset
- Sessions will not be recorded
- Reliable connectivity is important

Please give at least 24 hours' notice for appointment cancellations; otherwise, a 100% charge applies.

### Fees

Individual counselling is \$110 per 50 minutes, payable at the appointment by cash or credit card.

### Emergency Contacts

As crisis services are not provided, in emergencies contact:

- Your doctor or the emergency section of your local hospital
- Life Threatening: Crisis Lifeline 13 11 14

- Domestic Violence: 1800Respect 1800 737 732
- Depression/Anxiety: Beyond Blue 1300 22 46 36
- Suicide Concerns: Suicide Call-back Service 1300 659 467
- Children and Teens: Kids Help Line 1800 551 800

## Privacy and Confidentiality

Australian Government Privacy Legislation applies to all personal information collected. The attached privacy policy forms part of this agreement.

All session information is confidential and will not be shared without written consent, except where legally required to:

- Report a serious and imminent threat to life, health, or property
- Report abuse or neglect of anyone under 18 years
- Release records when required by court order

Confidential records reflecting session issues and goals are kept securely for seven years.

## Supervision

Professional reflection is an ethical responsibility. Counselling practice may be discussed with a clinical supervisor, with all identifying details removed.

## Client Acceptance

I have read and understood this information, clarified any concerns, and agree to undertake counselling with Debbie Wren Counselling. I understand that I may conclude sessions at any time.

Client's name:

Client's signature:

Date:

Counsellor's name:

Counsellor's signature:

Date: