

**PROFESSIONAL DISCLOSURE –  
Zu Peters, MA Counselling Psychology, 2 Apples A Day**

**Confidentiality**

I comply with British Columbia's law which protects the confidentiality of client-counsellor's relationship. Information you give me cannot be disclosed without your written permission except in the following cases where I must take legal and ethical action to report to the appropriate authorities:

- o evidence of neglect or abuse of a child, dependent adult or elder
- o statement of intent to harm self or others (in case of others, I must notify the police and the intended victim)
- o in some circumstances, records can be subpoenaed by a court of law or required as part of an ethics investigation

I may consult with my clinical supervisor or a peer regarding your case, if necessary. This consultation has the goal of giving me valuable and different perspective that will improve my service to you. My supervisor and/or peer is under the same confidentiality obligation as I am. I will be keeping short notes/record of our therapy sessions in safekeeping for 5 years, after which they will be securely destroyed. Under the Freedom on Information and Protection of Privacy Act, you have the right to access your therapy session records unless there are extenuating circumstances.

**Responsibilities – yours and mine**

The success of therapy depends on you and me and the systems within our lives, collaboratively working together. This requires that you show up on time, communicate honestly and participate fully in the therapeutic process. I will make my best effort to provide the space, knowledge, wisdom and care to help meet your needs and goals with integrity, commitment and high ethical standards. Just as I will be honest in my feedback to you, I request that you give me the opportunity to hear feedback from you as well as any concerns or doubts you may have about our therapy sessions or in my ability to help you. The length of therapy and termination date is a decision we both will agree to, in collaboration with each other, in our best interest.

When I am away from my practice a few times a year to attend professional courses, or on a personal break, I will have a colleague cover any emergency needs you may have. Another option is to call the Crisis line at 250-373-2273. If you believe that your safety is in jeopardy, please call 911 or go to the nearest hospital.

**Attendance and fees**

The appointed time that you reserved for therapy with me is held for you alone. I have a 48 hour cancellation policy. Any cancellation outside of this will be charged in full. My fee is \$90 - \$120 (sliding scale) for a 60 minute session. It will be cash, check or credit card (3% extra), to be collected at the start of the session. If there is a need to adjust my fees, you will be informed two months beforehand.

If it is helpful for you, I am delighted to give a first time 15 minutes free phone consultation (to be booked beforehand).