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Psychotherapy/Hypnotherapy Information and Consent Form

Risks and Benefits:

Psychotherapy can have both risks and benefits. The therapy process may include discussions of your personal challenges and difficulties, which can elicit uncomfortable feelings such as sadness, guilt, anger and frustration. However, therapy has been shown to have many benefits. It can often lead to better interpersonal relationships, improved work/academic performance, solutions to specific problems, and an increased capacity to manage intense feelings. But, there is no assurance of these benefits. Therapy requires your very active involvement in order to work towards growth. I will be committed to this process and work hard for you, and I will ask you to do the same.

Confidentiality:

In keeping with ethical standards of the Australian Hypnotherapists Association and state and federal law, all services I provide are kept confidential, except as noted below. At times, I may consult as needed with supervisors or colleagues about the best way to provide the assistance that you might need. As required by psychotherapy practice guidelines and current standards of care, I keep records of your therapy secure. Neither the fact that you seek therapy, nor any information disclosed in the therapy sessions will be disclosed except as requested by you and as noted in the exceptions below.

I have a legal responsibility to disclose patient information without prior consent when a patient is likely to harm himself/herself or others, unless protective measures are taken, when there is reasonable suspicion of abuse of children, dependent adults or the elderly, when the client lacks the capacity to care for him or herself and when there is a valid court order for the disclosure of client files. Fortunately these situations are rare. Please consult with me if you have any questions about confidentiality.

Cancellation policy:

Consistency is essential for effective therapy. If you do not arrive for a session, you are still financially responsible for the time we have scheduled. If you give less than 48 hours notice of a cancellation, you will be charged \$70.

Fees:

We will agree upon a fee at our first session. My standard fee for a 50 minute session is \$150. If a session is recorded for use at home, there is an additional fee of \$30. If any following sessions are

recorded, there is no charge for those recordings. All fees are due at the time of session, unless we make alternative arrangements.

Please sign below to indicate that you understand and agree to participate in therapy in accord with the above policies.

Print Name _____

Signature _____ Date _____

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