



Leslie Burgat Counselling  
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### Voluntary Consent to Limits of Confidentiality

A confidential environment with mutual cooperation is the basis of the counselling process. The following information frames the limits of that confidentiality between counsellor and client.

- **Privacy of sessions**

Professional counsellors have an ethical duty to keep private the information shared between the counsellor and client during the course of the therapeutic relationship. This includes individual conversations conducted with spouses in couple's therapy. This means that a conversation is not shared with the other spouse unless permission is granted. All records of information are kept securely.

By law, there are however three instances whereby confidentiality will be broken for the welfare of the general public.

1. Serious threats of self-harm or suicide
2. Serious threats of homicide or harming another individual
3. Shared information about a dependent person being at risk of abuse-whether a minor or elderly person.

- **Professional Supervision**

In keeping with standards of professional ethics, brief notes of counselling sessions are kept and periodic consultation with other helping professionals occurs in their capacity as clinical or peer supervisors. Any identifying information is carefully guarded or omitted altogether.

With the patient's permission, information pertinent to the counsellor-client relationship may be sought. This includes consultation with current or past medical and psychotherapeutic professionals.

Please print your name in capitals and sign (or guardian if appropriate):

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Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_  
Counsellor Signature

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