

JILLIAN PEDRICK, MTC, RPC, RCS, Nd, NHC
Registered Professional Counsellor CPCA #3398
604 762 5702 info@jillianpedrick.com
<http://www.jillianpedrick.com>

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Session Duration, Payment Method, Cancellation

How do I pay for my Sessions?

Payment can be made by PayPal, Visa, Mastercard or email money transfer, **All sessions must be paid for before the session begins unless I am holding your credit card details to bill after the session.** You will be emailed a receipt for services the week following a session.

What do I do if I miss or have to cancel an appointment?

If for any reason you need to cancel a session, please call 604-762-5702 and provide **48 hours notice** from the scheduled appointment time if possible. This gives us time to call wait-listed clients so that they may avail themselves of the opening. If you cannot give us 48 hours notice of cancellation, we will still endeavor to fill the session.

However, on such short notice it is often difficult to do this; therefore please note that if we cannot fill the opening **you will be required to pay the full fee amount** for the missed session.

How long are the sessions?

Sessions for individuals are typically **75 minutes**. However, **all initial sessions are 90 minutes in length** to allow time to conduct a Personal Inventory. In addition to weekly or biweekly sessions, I also offer block therapy sessions of 2 to 3 hours in length. These intensive sessions are suitable for clients who live out of town and wish to do concentrated therapy in the short term, and can also be booked by clients wanting shorter term intensive counselling sessions. My per hour rate applies to these longer sessions.

Fees & Additional Support

How much do sessions for individuals cost?

My fees in 2016 are \$130.00 per hour plus applicable taxes. This covers your usual 75 minute sessions and is also the same fee I charge for our initial session of 90 minutes to conduct a Personal Inventory.

What if I need to call you between sessions for support?

Access to me between sessions for the occasional brief conversation is included in the session fees. I do my best to accommodate short crisis conversations of no more than ten minutes. Sometimes clients feel they need more support for navigating a crisis and I can also offer additional support. For prolonged extra conversations or repeated requests, I can offer a package of short intervention calls at a set rate of **\$2.00 per minute** for such short calls.

Health insurance

Are counselling sessions covered by my health insurance?

Clients are responsible for payment in full of all sessions at the time of the scheduled appointments, unless other arrangements are made. Unfortunately, many companies do not accept counselling fees; but since plans vary and company policies differ widely, each client should check with their own insurance provider. Ensuring proper coverage of sessions is the client's responsibility. If you are not sure whether or not you will be covered, please bring a copy of your insurance policy with you to your initial session and we can review it together. If you have coverage with Blue Cross and your policy includes counselling services from a Registered Counsellor, you may be covered.

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Confidentiality & Professional Ethics

The protection of your confidentiality is paramount in our work together. All discussions between us are confidential. My professional association and training allows me **on rare occasions / on occasion** to consult with professional team resources among my professional colleagues in order to serve you best. This is common practice and clients are never identified in any way. Please be assured that if I do consult regarding our work together, your confidentiality and anonymity are always respected.

There is one exception to this confidentiality clause. Under provincial laws, and in accordance with a professional codes of ethics I am required to report any cases of child abuse of children under the age of nineteen (19) years, or if you disclose to me that you plan to harm yourself or another person. Should we accidentally meet outside of the counselling office, I will safeguard your anonymity in the community by not acknowledging you unless you indicate otherwise.

My contact information

You may reach me at 604 762 5702 or info@jillianpedrick.com at any time. Please note that in crisis, you are asked to call your local emergency crisis line if you cannot reach me.

What if I have a complaint?

I am a Registered Professional Counsellor with the Canadian Professional Counsellors Association (CPCA # 3398). Should you have any concerns or complaints at any time about my professional conduct and/or ethics, you may contact the Canadian Professional Counsellors' Association at: C.P.C.A. 203-3306-32nd Avenue, Vernon BC,V1T 2M6; 1-888-945-2722; www.cPCA-rpc.ca .

Please feel free to discuss these policies with me at any time.

I, _____, *understand and agree to abide by these policies.*

Signature: _____ Date _____

Parent or Guardian (if under 19 years old)

_____ Date: _____