

# USC Student Wellbeing Counselling Services consent agreement form

**Counselling** is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a qualified therapist who has the desire and willingness to help you accomplish your individual goals. Your participation in the Counselling process requires you to share sensitive, personal, and private information that may, at times be distressing. The outcome of counselling is often positive; however, the level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counselling process.

**All interactions with Student Wellbeing – Counselling Services, including:**

- scheduling of or attendance at appointments,
- details of your sessions,
- progress in counselling, and
- your records, are confidential.

**No record of counselling is contained in any academic, educational, or work integrated learning file. You may however, request in writing that the counselling staff release specific information about the counselling to persons of your choice.**

Exceptions to confidentiality:

- The counselling staff works as a team. Your therapist may consult with other counselling staff and management to provide the best possible care. These consultations are for professional and training purposes.
- If there is evidence of clear danger of harm to self and/or others, a therapist is legally required to report this information to the authorities responsible for ensuring safety. This includes if there is a strong suspicion of physical or sexual abuse or neglect of any person under 18 years of age.
- Counselling Services is obliged to report staff misconduct, i.e. bullying, harassment, inappropriate staff/student relationships, undeclared conflicts of interest, and criminal behaviour to the Director, Human Resources and the PVC (Students).
- A court order, issued by a judge, may require the Counselling Services staff to release information contained in records and/or require a therapist to testify in a court hearing.

We appreciate prompt arrival for appointments. Please notify us if you will be late. Missed appointments reduce our capacity to provide services to you and other students. No-showing or canceling appointments with less than 24 hours' notice more than three times may result in discontinuation of this episode of service. In the event of a cancellation or no-show, you are responsible for confirming or scheduling your next appointment. There is no fee for counseling services. If you are referred off campus to health, mental health, or substance abuse professionals you are responsible for their charges.

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**I have read and discussed the above information with my therapist. I understand the risks and benefits of counselling, the nature and limits of confidentiality, and what is expected of me as a client of the Counselling Services.**

Signature of student \_\_\_\_\_ Date:        /        /