



## Stillwater Counselling and Pain Management

Megan Hughes, MA, College of Psychologists  
and Associates

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### **Welcome to your first session at Stillwater Counselling and Pain Management.**

**About Megan Hughes:** I am a Registrant of the College of Psychologists of BC, working in the field of Health Psychology. I have a Master's degree in Counselling Psychology from UBC, and am also a Registered Clinical Counsellor. I have 20 years of experience working with children, youth, individuals and families both in the private and the public sectors. I work in the specific areas of abuse survival, PTSD, chronic illness and chronic pain, as well as generalized areas of anxiety, depression, trauma, grief and loss, stress and coping, self-esteem, and relationship issues. I have extensive training in EMDR, Clinical Hypnosis and Cognitive-Behavioural Therapy, which are the modalities I use with adults most often. I would be happy to answer any questions you may have about my background and credentials in our first session.

**Benefits and risks of counselling:** Counselling can provide valuable support and insight during times of crisis or difficulty. It can help you make sense of long-held patterns in life and to develop new goals for yourself. It can also bring up difficult emotions or painful memories. This can feel frightening or even overwhelming initially. This is a normal part of the course of interpersonal counselling, and I can help you stay focused and courageous so you can complete your counselling goals. Making deep changes requires work and consistent dedication. Ask about how many sessions and what kind of work may be involved in achieving your personal counselling goals.

**Confidentiality and disclosure of personal information:** I would like to assure my clients of all ages that **everything shared in the therapy session is confidential and will always remain so.** The rare exceptions to this rule are: court subpoena; suspected child abuse or neglect; suspected harm to self or others; suspected impaired driving; suspected practice of unsafe sex if HIV positive; and email, text or any internet communication may not be fully secure. Third party conversations regarding a client's progress will only take place with a client's signed agreement. Confidentiality continues after the end of the counselling relationship. Your file will be kept securely locked and private for a minimum of seven years, after which it will be destroyed. Your contact information will never be given out to a third party without your permission, barring the above exceptions.

**Session Length:** Individual sessions are 60 minutes long, EMDR sessions are 90 minutes as it generally takes this amount of time to work through one reprocessing session from start to finish. Sessions with children are also 60 minutes and I ask that parents accompany children for the first session, but wait in the waiting area during subsequent sessions.

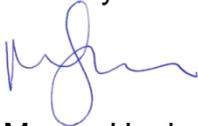
**Reviews, referrals and termination of counselling:** It is your right at any time to review of your progress; to be provided with a referral to another counselor or health

professional; to withdraw consent for the collection, use or disclosure of your personal information, except where precluded by law; to end the counselling relationship by informing your counsellor; to access or obtain a copy of the information in your counselling records, subject to legal requirements. Your right to obtain a copy of your personal information continues after the end of counselling, but may include a fee for the preparation of such records.

**Cancellations and no-shows:** Your appointment time is reserved especially for you. If you need to reschedule or cancel an appointment, I need one full working day's notice, i.e. 24 hours in advance, or if your appointment is on a Monday, then by the Friday before. This is so that I have an opportunity to fill the appointment time. **There will be a charge of one full session fee for a missed appointment with insufficient notice or a no-show, barring unusual circumstances such as sudden illness or accidents.**

**Fees:** I charge \$125 per session hour which includes GST, and \$190 per 90 minute session. You are required to pay the full fee at the time of service. Fees can be paid with cash, cheque, or e-transfer. I will issue receipts after each session which can be claimed as a medical expense on your income tax. Some extended health providers cover the services of College Registrants (I am #2309) and RCCs. Please check with your extended health provider. Please note, there will be a \$20 fee for NSF cheques.

Thank you - I look forward to working with you.



Megan Hughes, MA  
College of Psychologists #2309, Registered Clinical Counsellor #1834

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*By signing I confirm that I have read, understand and agree to the above terms and information.*

Name of Client: \_\_\_\_\_ Name of Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

How did you hear of my services? \_\_\_\_\_