

Informed Consent and Limits of Confidentiality

The following information is to assist you in providing your informed consent and to clearly define rights and responsibilities in the assessment/therapeutic relationship.

Assessment/Therapy

I am a Psychologist, registered with the College of Psychologists of Ontario, and licensed to provide psychological services, including assessment and intervention to adults. My areas of competency are in clinical and forensic psychology.

The assessment process, or initial consultation, will include gathering personal information and may involve the completion of computerized or paper and pen tests to further assess and/or direct the process of therapy. Sometimes, individuals will present with a completed assessment, which we will review and discuss in detail. In order for psychological assessments to be accurate or treatment to be successful, it involves open communication about your personal situation. You are also encouraged to ask questions about anything you are unsure about, find difficult, or would like to change.

The number or frequency of assessment/therapy sessions depends on the individual and can vary. The length of time required in gathering necessary information for assessment or treatment varies, depending on the presenting problem(s) and the psychotherapeutic approach. This is discussed upon initial consultation and in treatment planning.

You have the right to stop and withdraw consent for the purpose of assessment and/or therapy at any time, if you are not satisfied with the services. For the purpose of assessment, this must be done prior to the final meeting, and will require full payment of services, including the cost of writing the report. With regard to psychological treatment/ therapy, it is best to discuss your feelings prior to termination, as it often relates to difficult issues that come up in the process of therapy. Assessment or therapy may also be terminated in the event difficulties are outside the scope of practice, concerns related to therapeutic rapport, or general participation issues in therapy (e.g., chronic no shows, consistent failure to complete homework, threatening or aggressive behaviour from the client), or change in life circumstances. Referrals to another provider will be provided on those occasions.

Sessions may vary in length, anywhere from 60 to 90 minutes. Sessions do not run the entirety of the 60 or 90 minutes, as to allow time for notetaking and preparation for the next session. Sessions longer than 60 minutes are billed accordingly.

Benefits and Risks

Psychological assessments provide relevant information with regard to diagnosis, recommendations to guide therapy, and treatment expectations. In the process of therapy, most people who take risks find it helpful. They experience positive changes that were not expected or intended at the outset. Despite the many benefits, however, assessment and therapy have potential emotional risks. It requires that you discuss experiences and events in your life that may be unpleasant. This may lead to increased feelings of sadness, fear, shame or other unpleasant feelings. For some, you may feel worse before you begin feeling better.

Confidentiality

With a few exceptions, you have the absolute right to confidentiality in your assessment and therapy. There are also certain situations in which a psychologist is required, by law or ethics, to break confidentiality. These circumstances include:

- If there is reason to believe you are at serious and imminent risk of physically harming yourself or another person
- If there is reason to believe that vulnerable person, child, or elderly person residing in long-term care facility, is suffering from abuse and/or neglect
- If you have been sexually abused by another regulated health professional
- A court has subpoenaed your records
- If an Urgent Demand is made from the police investigating a missing persons

Please note that in some cases, those whose services are covered by a third party may require disclosure of certain aspects of treatment to ensure ongoing services. A consent to Obtain/ Release Information Form will be completed to allow communication of said information. The form may also be used to gather additional information or speak with other providers about your care.

Record Keeping

Personal health information that she collects is used only for your care and treatment. You have the right to access your health information. You always have a right to ask questions about the way the privacy of your personal health information is being handled. Dr. Neljak's privacy policy is available for review on her website or by request.

Fees

The fee for service is \$225 per 50-minute hour. Psychological Services are not covered by OHIP, but they may be covered by third party health insurance. Dr. Neljak's fees are consistent with the guidelines suggested by the Ontario Psychological Association and may be revised each year effective January 1st. Payment by cash or cheque is accepted at each session.

For those who have services covered by a third party, such as Veterans Affairs Canada or the Workplace Safety and Insurance Board, Dr. Neljak will invoice them directly. Please ensure she has relevant information to process the invoice including claim number, identification number, and any authorization codes. Other insurers, such as the Public Service Health Care Plan through Sun Life, are to be billed by the client.

Missed Appointments

If you believe you will not be able to attend a scheduled appointment, Dr. Neljak asks that you notify her as soon as possible and/or within 24 hours. You will be charged the full fee when cancellations occur with less than 24 hours notice (no exceptions).

Please note that for those who have services covered by Veterans Affairs Canada or the Workplace Safety and Insurance Board, these organizations do not reimburse for late appointments. Individuals will be required to pay out of pocket for any late cancellations or no shows.