

Dr. Danielle Gryspeerdt
Psychologue - Psychologist

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Informed Consent Form

Psychotherapy is a process that involves two steps:

1. Initially, the psychologist will evaluate the nature of your difficulties and will determine the best course of action in partnership with you.
2. Therapeutic objectives are then set and the therapy approach is chosen based on which is more suitable.

The Inherent risks of Psychotherapy

- Psychotherapy can often bring up difficult feelings. At times, it may be difficult to deal with uncomfortable or uneasy emotions that arise during this process. If this occurs, please discuss it with your psychologist.

Length of visits and late arrivals

- The length of a session is 50 minutes. The length of the psychotherapeutic process depends on several factors: the nature of the difficulty of the objectives and the treatment required.
- The session starts at a pre-determined time set by the psychologist and yourself. If you are late for a scheduled session, the session will still end at the allotted time.
- If the psychologist is late, the original session duration will be respected, but an arrangement will be made to account for the lost time.

Cancellations

- If you are unable to attend a session and you advise the psychologist 24 hours in advance, there will be no charge for the cancellation. Otherwise, you will be expected to pay the cost of the session that was reserved for you. The administrative charge of \$180.00 will be applied.

Other professionals

- If you are followed by an MD or another health professional, it is important for that person to be made aware that you are starting a therapeutic process.

Record keeping

- A confidential file is kept for each person engaged in the therapeutic process. For more details, consult the file on "Regulation respecting the keeping of records and consulting-rooms by psychologists" in the waiting room or online at the Order of Psychologists website. Specifically, objective observations on the progress of therapy are written down at each session and kept in the client's file.
- You can request to see your file at any time. You must sign a release of information form before any information from your file can be transmitted to a third person.

Confidentiality

- The psychologist is bound by confidentiality unless you sign a release of information form.
- There are two exceptions to this:
 1. A Court of Law can compel the psychologist to lift client confidentiality.
 2. If the psychologist has serious reasons to believe that your life or the life of another person is in danger (for example suicide risk), the psychologist is obliged by law to inform a third party (another qualified professional (ambulance, MDs DYP or other health professional) or a significant other (family or friend)).

Fees ¹

- Fees are payable at each session, unless there is a previous agreement for another payment schedule. If a cheque bounces for whatever cause, all fees related to this will be charged to the client. Once a bill is paid, you will receive a receipt for the amount paid.
- Fees are \$180 per session.

Online Therapy Sessions ²

- Online therapy sessions (offered via Zoom or FaceTime) have been agreed upon by you. There are certain limitations to online work that need to be considered:
 - Even though the psychologist will do everything in their power to assure confidentiality, tele-video applications do not guarantee absolute confidentiality, these are outside the psychologist's control.
 - You are also required to assure confidentiality on your end. It is important to chose a place where you won't be disturbed by other people or noise. To promote confidentiality, it's important that you do not use publicly accessible devices for these sessions.

Email

- Emails (Gmail, Hotmail, Yahoo, etc.) cannot guarantee confidentiality of communication. If you communicate using email with the psychologist, be aware of the limitations.

The agreement

- You are free to stop your therapy at any time. Please discuss your wish to stop therapy with the psychologist during a session in order to bring some closure to your therapeutic process.
- I have read, understand and agree to comply with the above information.
- To acknowledge having read and agreed to the content of this consent form please either sign and return the form or respond 'yes' to the question on this subject sent to you by email. We will make every effort to abide by all the stipulations of this document during our work together. If any issues arise later, they can be discussed during a session.

Client signature

Date

Psychologist signature, Dr. Danielle Gryspeerdt

Date

¹ Due to the COVID-19 pandemic, only e-transfer payments will be accepted indefinitely.

² For more information on tele-video psychology you can consult "Guide de pratique concernant l'exercice de la télépsychologie" that you can find on the website of the Order of Psychologists.