

Consent for Psychology Services for Adults

INFORMED CONSENT FOR PSYCHOLOGICAL SERVICES

Nature and Purpose of the Psychological Service

As part of providing a psychological service, including assessments and counselling, Alicia Follett, Psychologist, will need to collect and record personal information pertaining to you. This information is a necessary part of the psychological assessment and treatment.

Psychology services vary depending on the personalities of the psychologist and client and the particular reasons you are seeing a psychologist. Your psychologist may use many methods to deal with the problems you hope to address. Psychology and psychotherapy call for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things talked about both during our sessions and at home.

The first few sessions will involve an evaluation of your needs. By the end of the evaluation, your psychologist will be able to offer you some first impressions of what the work will include and a treatment plan to follow. If you have questions about the psychologist's procedures, you should discuss them when they arise.

You can cease therapy with your psychologist at any time. If you feel uncomfortable with what is happening in a session, you may request that the session cease at any time.

This practice is committed to respecting and incorporating cultural safety into practice. Please inform your psychologist about any cultural considerations that are important to you in the way services are provided and who you would like involved in your care. Please also inform your psychologist if you have specific access support needs (ramps, accessible parking, resources provided in specific formats), communication support needs such as interpreting, the use of assistive technology, or resources provided in different languages or any other support needs in order to assist your participation.

Access to your information

Relevant personal information about the current situation will be collected and recorded as part of providing psychological services. The information will assist in providing appropriate and thorough service. The information will be stored in a secure location. Psychologists are required to keep your file for a minimum of 7 years or, if clients are under the age of 18 at the time of treatment, until they are 25 years of age.

Files of clients are held on the clinic's practice management software which utilises

encrypted, Australian based servers.

You may access the information in your file on request, subject to the exceptions in the Privacy Act 1988 (<https://www.legislation.gov.au/C2004A03712/latest/text>).

Confidentiality and Privacy

If information about your condition or situation is required from another person, such as a GP or family member, or Allied Health team this will be discussed with you beforehand, and your permission will be sought. Please note that we will not engage with you in public or online in a way that will identify you as a client. This is to protect client privacy and due to the requirements to uphold professional boundaries. Please personally contact your psychologist to engage with them rather than approach them on social media or in public forums.

All personal information gathered by the psychologist during the provision of psychological service will remain confidential and secure except when:

1. A court subpoena or other disclosure is required or authorised by law.
2. Psychologists have a mandatory reporting requirement when there is evidence of abuse, neglect or when a child is at risk of such.
3. Your consent cannot be gained due to a requirement to you to an emergency services during a medical crisis
4. If there is unauthorised access to data held by the clinic some limited information may need to be shared with the Office of the Information Ombudsman.
5. Failure to disclose the information would place you, or another person at risk of harm.
6. Given your prior approval to provide a written report to another professional or agency or discuss information with another person.
7. You have provided your consent to share your information for a specific reason and purpose.
8. You would reasonably expect your personal information to be disclosed to another professional or agency, and disclosure is directly related to the primary purpose for which it was collected, such as to inform your GP of treatment and progress, to claim Medicare rebates on your behalf.
9. Clinical consultation with another professional is required to provide better services. If this occurs, identifying details will remain confidential.

If, during your treatment, the psychologist becomes aware of a risk to someone's life, health, or well-being, the psychologist is required to report the matter to the appropriate agencies.

Session Fees will be reviewed in January each year.

The agreed fee is \$190 per session (up to one-hour duration, 50 minutes is standard) and is payable at the time of consultation.

You may be eligible for a Medicare rebate if referred by your GP under a Mental Health Care Plan.

Private Health Insurance

Some health insurance policies cover psychology services. Please check with your insurance company as to what you are eligible for.

Medicare Rebates

Under the Medicare Benefits Schedule (Better Access), Medicare rebates are available to clients with an assessed mental disorder. Medicare rebates are accessed with a Mental Health Treatment Plan and referral from a medical practitioner such as a GP, psychiatrist, or paediatrician. The rebate is limited to a maximum of 10 sessions per calendar year and is only available with a valid referral. Please note the maximum number of sessions per referral is six, and rebates will not be given beyond the number stated on the referral.

Cancellation Policy

If you need to cancel or postpone your appointment, please give at least 48 hours' notice - a cancellation fee equal to 50% of the hourly fee will be charged if less than 48 hours notice is provided. The full fee will be charged for all missed appointments or no-shows. This fee will need to be paid on or before your next visit. Please make every effort to notify the practice if you cannot attend an appointment - there are often other clients waiting for appointments, and it would be appreciated if other clients could be given the opportunity to come in.

Emergency

In an emergency, please go to the nearest hospital's emergency department or call 000. You may find it helpful to call Lifeline on 13 11 14.

This consent is valid for a period of 12 months. Consent will be reviewed with you when you request, if the nature of your treatment changes, or at the initiation of a new episode of Care (new referral or presenting problem 6 months after the conclusion of a agreed episode of treatment) .