

INFORMED CONSENT FOR PSYCHOLOGICAL SERVICES

Children and Young People

Alicia Follett, Psychologist

This form has two parts:

Section A — For Parent/Guardian: legal consent for your child to receive psychological services.

Section B — For the Young Person: written in plain language for your child to read and acknowledge. Both sections should be discussed together before signing.

SECTION A — FOR PARENT OR GUARDIAN

A1. Who Is the Client?

Psychological services will be provided primarily for the benefit of your child. While you are an important part of your child's care and your involvement is valued, your child is the client. The therapeutic relationship and confidentiality provisions described below are designed to protect your child's interests first and foremost.

A2. About Psychological Services

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

The first few sessions will involve an evaluation of your child's needs. By the end of this period, your psychologist will be able to offer initial impressions of what the work will include and a treatment plan to follow. Psychological services require active effort — both in sessions and at home — adapted appropriately to your child's age and development.

You or your child may end the service at any time. If your child feels uncomfortable during a session, they may request that the session stop at any time. If you have questions about the psychologist's approach, please discuss them when they arise.

A3. Consent as an Ongoing Process

This consent will be relied upon for a period of up to 12 months, after which it will be formally reviewed. Consent will also be revisited if there is a significant change to the service, including:

- A change in treatment approach or modality
- A shift from in-person to telehealth delivery
- A change in who is involved in sessions (e.g., adding family sessions)
- A new referral or presenting problem, or a new episode of care

You may withdraw consent at any time, though this may affect the ability to continue providing services to your child.

A4. Parental Responsibility and Family Law

For children under 18, consent is required from a person with parental responsibility for the child under the Family Law Act 1975 (Cth). Please advise us of any Family Court orders, parenting plans, or other legal arrangements that affect decision-making for your child, as these must be taken into account.

Where parents share parental responsibility and are separated, consent from both parents may be required, unless a court order specifies otherwise or a parent is entirely absent from the child's life. Please inform us of your family situation at the outset.

The details of any parenting arrangements should be noted in the declaration at the end of this section.

A5. Your Child's Assent and Maturity

Wherever possible, your child will also be asked whether they agree to attend and participate in sessions. While a parent or guardian provides legal consent, your child's views about their own care are important and will be respected. Engaging your child's willingness leads to better outcomes.

The extent to which your child can independently direct their own care depends on their age, maturity, and the nature of the service. Where your psychologist assesses your child to be a mature minor (also known as Gillick competent) — meaning they have sufficient understanding and intelligence to make informed decisions about their psychological care — your child may be able to provide their own consent. The rationale for any such assessment will be documented in your child's file.

As a general guide, children aged 16 and over are generally presumed to have capacity to consent to psychological treatment. For children aged 14–15, capacity is assessed individually. If you have questions about how this applies to your child, please discuss it with your psychologist.

A6. Confidentiality — What Will Be Shared With You

Your psychologist is committed to protecting your child's privacy. As a parent or guardian, you may expect to receive some information about your child's progress to support their care at home. The following framework applies:

General progress information

How sessions are going, strategies being worked on, and your child's engagement will generally be shared with you in a manner agreed upon with your child.

Specific session content

Details of what your child shares in confidence will generally not be disclosed to parents without your child's consent. This is important for building the trust necessary for effective therapy.

Information will be shared with you (without your child's consent) when:

1. There is a risk of serious harm to your child or another person.
2. There is evidence or reasonable suspicion of child abuse or neglect — the psychologist has mandatory reporting obligations under relevant state/territory legislation. This obligation applies regardless of the identity of the person making the disclosure.
3. Your child's consent cannot be obtained during a medical emergency requiring emergency services.
4. A court subpoena or other legal requirement compels disclosure.
5. Disclosure is required or authorised by law for another reason.
6. You have previously been given your child's consent to receive specific information.
7. Information is needed to claim Medicare rebates on your child's behalf.
8. Unauthorised access to clinic data requires notification to the Office of the Australian Information Commissioner.

If, during treatment, the psychologist becomes aware of a risk to anyone's life, health, or wellbeing, the psychologist is required to report the matter to the appropriate agencies.

A7. Joint Sessions and Family Involvement

Sometimes it is helpful for parents, carers, or other family members to attend sessions with your child. If this occurs, your psychologist will clarify their role in that meeting, what information will be shared, and the limits of confidentiality for everyone present. This kind of meeting is treated as a *simultaneous service* under the Psychology Board of Australia's Code of Conduct, and all parties will be informed of the implications before it proceeds.

Your child will be asked for their view about parental involvement in sessions as part of the ongoing consent process.

A8. Clinical Supervision

Your child's psychologist is required by professional registration standards to participate in regular clinical supervision. Your child's case may be discussed in supervision in a fully de-identified form. By signing this consent form, you acknowledge that de-identified case material may be used for this purpose.

Identified information will not be shared in supervision without separate written consent.

A9. Access to Your Child's File

You may request access to your child's file, subject to the exceptions in the Privacy Act 1988. Where your child has been assessed as a mature minor and has shared information in confidence, your child's privacy interests will be carefully considered.

Files are held on the clinic's practice management software, which uses encrypted, Australian-based servers. Records for clients under 18 are retained until your child is 25 years of age, or for 7 years from the last date of service, whichever is the longer period.

A10. Cultural Safety and Access

This practice is committed to cultural safety, including for Aboriginal and Torres Strait Islander children and families. We recognise the ongoing impacts of colonisation and are committed to providing culturally safe and responsive care.

Please inform your psychologist of any cultural considerations important to your family in the way services are provided, who you would like involved in your child's care, and any access or communication support needs, including interpreting services, resources in other languages, assistive technology, or any other support.

A11. Telehealth Services

If sessions are provided via telehealth, the following additional considerations apply:

- Sessions will be conducted via a secure, encrypted platform. You will be informed of the platform used.
- You are responsible for ensuring your child is in a private location during telehealth sessions.
- If your child is in crisis during a telehealth session, the psychologist may need to contact emergency services at your child's location. Please ensure a current address is provided before each telehealth session.

A12. Referral to Other Services

If your child's psychologist recommends referral to another service or professional (such as a paediatrician, psychiatrist, speech pathologist, or other provider), the reasons for referral, the benefits, and any associated costs will be discussed with you and your child in advance.

A13. Session Fees

Fees are reviewed in January each year.

Session fee: \$190 per session

Up to one hour (50 minutes is standard). Payable at the time of consultation.

Medicare Rebates: Under the Medicare Benefits Schedule (Better Access), rebates are available with a Mental Health Treatment Plan and referral from a GP, paediatrician, or psychiatrist. The rebate is limited to a maximum of 10 sessions per calendar year, with a maximum of 6 per referral.

Private Health Insurance: Some policies cover psychology services. Please check with your insurer. Medicare and private health insurance cannot be claimed for the same session.

A14. Cancellation Policy

48 hours' notice required for cancellations and postponements.

Less than 48 hours' notice: 50% of the session fee

Missed appointment or no-show: Full session fee

Cancellation fees are payable on or before your next visit. There are often other children waiting for appointments — timely notification is greatly appreciated.

A15. Complaints

If you have concerns about the service provided to your child, you are encouraged to raise them directly with Alicia Follett. You also have the right to contact:

- **AHPRA:** www.ahpra.gov.au
- **NSW Health Care Complaints Commission (HCCC):** www.hccc.nsw.gov.au (or the relevant body in your state/territory)

A16. Emergency

In an emergency, call 000 or go to the nearest hospital emergency department.

Kids Helpline: 1800 55 1800 (free, 24/7, confidential)

Lifeline: 13 11 14 | Beyond Blue: 1300 22 4636

I/We confirm that I/we have read and understood this consent form, have had the opportunity to ask questions, and provide informed consent for the named child to receive psychological services from Alicia Follett.

I/We understand that:

- My/our child is the primary client and their confidentiality will be protected within the limits described above.
 - This consent is valid for 12 months and will be reviewed if the service changes significantly.
 - I/we may withdraw this consent at any time.
 - De-identified case material may be discussed in clinical supervision.
 - The psychologist has mandatory reporting obligations as described in Section A6.
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