



### Family Dynamics

Family Dynamics Counselling offers solutions for a variety of problems that people experience in their everyday lives such as depression, anxiety, adolescent issues, family and blended family issues, couples communication and conflict resolution.

### General Counselling

General Counselling offers face-to-face counselling for individuals across a range of issues such as relationships, grief, parenting difficulties, anxiety, depression - anything that may be negatively impacting a life.

### Relationship Counselling

Relationship Counselling helps couples to better understand problem areas in their relationship and resolving issues. It can be for couples, families or singles and may involve current or past relationships.

### Employee Assistance Programs

Employee Assistance Programs are where employers provide counselling services for employees. They are intended to help employees deal with personal problems that may impact their work performance, health and general wellbeing - benefitting both employer and employee.

### Personal & Professional Supervision

Personal and Professional Supervision can help individuals to grow both personally and professional by monitoring both personal and professional development and highlight learning areas.

### Vocational Counselling & Assessments

Vocational Counselling assists in identifying the ideal and realistic job options for individuals, by assessing strengths and skills that will aid in finding suitable work. Weaknesses and lack of skills are also identified so to identify areas of development or modification.



“Peace Through Personal Growth”

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Our Mission is to ...

*To provide affordable, inclusive and caring counselling services that will assist individuals to grow and develop, not only themselves and their children, but also their community.*

- Family Dynamics
- General Counselling
- Relationship Counselling
- Employee Assistance Programs
- Personal & Professional Supervision
- Vocational Counselling/Assessments



## YOUR CONSENT

### Counselling Services

As part of providing a counselling service to you, Logan Counselling Services will need to collect and record personal information from you that is relevant to your current situation. This information will be a necessary part of the assessment and treatment that is conducted.

### Access

You may access the material recorded in your file upon request, subject to the exception in National Privacy Principle 6 (48 hours notice required).

### Confidentiality

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

1. It is subpoenaed by a court, or
2. Failure to disclose the information would place you and another person at risk; or
3. Your prior approval has been obtained to
  - A. provide a written report to another professional or agency. eg. a GP or a lawyer; or
  - B. discuss the material with another person. eg. a parent or employer.
4. Requested by the relevant government authorities.

As practitioners we abide by the National Privacy Act 1988 and use information collected only for the purpose of individual client assistance. All personal information provided is confidential except in the case of court order (subpoena) disclosure of a serious criminal offence or of a life threatening situation (suicidal or homicidal intent). All clients are requested to report suicidal impulses to their general practitioner or other medical treatment provider. Within the context of this Counselling Practice, cases may be discussed at either individual or Peer Group Supervision sessions without identifying details.

### Cancellation Policy

If, for some reason you need to cancel or postpone the appointment, please give us at least 24 hours notice. Cancellation of 2 consecutive appointments may result in Logan Counselling Services reviewing the ability to provide services.

## YOUR BILL OF RIGHTS

YOU HAVE THE RIGHT TO: -

- Receive respectful treatment and supportive counselling with a constant focus reaching personal wholeness.
- Refuse treatment or a particular intervention strategy
- Ask questions at any time
- Know how available the counsellor is to see you or what the waiting period is and to know the counsellor will not accept any gifts.
- Have full information about donations and method of payment
- Choose your own lifestyle and to have that choice respected by your counsellor
- Have full information about the counsellor's areas of specialisation and limitations
- Have full information about the counsellor's therapeutic orientation and any technique which is routinely used.
- Have full information regarding your diagnosis if your counsellor uses one
- Consult as many counsellors as you choose until you find someone suitable
- Experience a safe setting, free from physical, sexual or emotional abuse
- Agree to a written contract of counselling goals and treatment plan and release form
- Talk about any part of your counselling with anyone you choose, including another counsellor
- Ask questions about the counsellor's values, background, attitudes that are relevant to counselling, and to be provided with respectful answers.
- Request that the therapist evaluate the progress of counselling
- Have full information regarding the limits of confidentiality and with whom and under what circumstances the counsellor may discuss your case – usually only with the Agency and Independent Supervisors, at their discretion
- Know that the counsellor may break confidentiality under the following situations:
  1. Client (or client's legal representative) gives permission
  2. Client is suicidal and there is a clear danger of suicide
  3. Client is homicidal or is threatening to engage in behaviors where significant danger to others is likely.
  4. Client is a child and counsellor has evidence that the client is being sexually abused.
  5. Counsellor has evidence that a client is sexually abusing a minor.
  6. Requested by the relevant government authorities.
- Terminate therapy at any time
- Disclose only that personal information which you choose, and refuse any question if you choose
- Require the therapist to send a report regarding your therapy with your written authorisation, have access to summaries of written files about you at your request with a forty eight hour turn around time. However, records will still remain within the files of the counsellor or copies thereof. This information will only be used for the above purposes.



Assisting individuals, couples and families with their personal, work and family related issues and concerns.