



JW Therapy
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CLIENT CONSENT FORM

COUNSELLING is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained Counsellor who has the desire and willingness to help you accomplish your individual goals. Counselling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counselling, there may be periods of increased anxiety or confusion. The outcome of counselling is often positive; however, the level of satisfaction for any individual is not predictable. Your Counsellor is available to support you throughout the counselling process.

EXPECTATIONS:

What clients can expect from JW Therapy:

- * A welcoming, safe & comfortable counselling/supervision space (you may even find your counsellor barefoot & curled up in the chair!)
- * A judgement free zone
- * Focused attention to your goals and needs & tailored strategies that work for you
- * A supportive and empathetic response which will likely include a few laughs and warm interactions & maybe even some spirited challenging conversations
- * Respectful & engaging interactions
- * A counsellor who will celebrate the positive changes you make

What we expect from you:

- * Open & transparent communication around what your goals are & what you want to be different
- * An intention to do things differently
- * Being open to challenging & curious conversations
- * Respectful & engaging interactions
- * A willingness to try some new coping strategies
- * Being honest about what may not be working for you in sessions
- * A dedication of time & punctuality
- * Regular and committed attendance
- * Timely return of documents/forms