



Achieve Your Highest Potential

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## Disclosure and Agreement Form

### VISION:

*Share Consulting's vision is to reduce the occurrence of mental stress and breakdown in the home, school, workplace and society as a whole by providing proactive mental health consultations to individuals, professionals, organizations and groups.*

### MISSION STATEMENT:

*To achieve its vision Share Consulting will provide and facilitate Mental Health fitness check-ups in a safe, professional and confidential setting with a qualified mental health professional and establish collaborative partnerships with organizations and groups to assist in the development and execution of proactive mental health programmes.*

### THE PROCESS:

*To accomplish its mission Share Consulting will complete a 3-phase process. The first phase process is the CONSULTATION PHASE. In this phase the client will share their personal history and bio-data along with their presenting situation whether for themselves or for another person they are concerned about. The Consultant, Counsellor or Psychotherapist will provide the unconditional, optimum care and compassion to all clients involved, will listen non-judgementally, and will identify areas of strengths and where support is needed.*

*The second phase is the COUNSELLING PHASE. In this phase the client and consultant will engage in a confidential, honest and open exchange of ideas regarding their agreed upon goals. During this process trust and rapport begin to develop and the initial goals may be redefined depending on the insights gained.*

*The third phase is the PSYCHOTHERAPY PHASE. In this phase the client and consultant will decide on a set of intervention techniques that will suit the clients' stated goals, the suitable length of therapy needed to achieve them, and begin executing them. Further insights into the clients' personality and views will be developed during this phase*

### AFTER THE FIRST THREE PHASES:

*The 3-phase process will typically take more than 3 sessions. After this process the client and consultant will agree to a set schedule of sessions that will allow for the most effective outcome of therapy. These sessions will include the use of various therapeutic techniques to find the one that best suits the client and the goals identified. Therapy modalities will include: Mind-Based Therapy, Cognitive Behavioural Therapy, Psycho-education, Humanistic Therapy, Gestalt Therapy, Solution Focused Therapy, Narrative Therapy, Social Emotional Development, Psychoanalysis and Person Centred Therapy and others as needed.*

*Workshops are also offered to form part of the intervention process. These will include a customized series of classes or meetings each addressing a different aspect of the same goal. For example: Relationship Workshop, Communication Workshop, Anger Management Workshop, Stress Relief Workshop, Positive Thinking Workshop, and many more customized to suit the needs of the client.*

### COMMITMENT:

***The client will agree to attend all sessions and stay engaged in the therapeutic process. This is to ensure the maximum benefit to the client. Fulfilling the immediate short term goals of therapy is only a first step towards recognition of strengths and improvement in performance. This is required in order to avoid build-up of unhealthy mental stress levels and to achieve medium and long term goals. The client and consultant will also agree to a list of alternative therapists to ensure continuation of care in case of death or sudden discontinuation of the Consultant's ability to provide service. Finally, the client and consultant will agree to mutual respect, no illegal or unethical activity,***

### PRIVACY AND TREATMENT OF MINORS:

*All information regarding therapy will be held in strict confidence unless subpoenaed by a court of law and is not in breach of the ethical principles of client-therapist confidentiality. The exception to this is the disclosure by the client to cause harm to self or others. In these cases a report will be made immediately to the police and emergency services. Minors, women, elderly or any client in a vulnerable position who express fear of abuse or harm may be referred immediately to social services until an investigation is completed.*

### PAYMENT AND FEES:

***At Share Consulting a financial commitment to therapy is secondary to the commitment to the process of therapy. This means that if a client is unable to pay for continued services Share Consulting adheres to a "No Debt Policy" which***



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*allows the client to continue therapy at no cost to them. Sessions without payment will be billed as Pro-bono. Clients can resume payment when they can afford to do so. No payment for previously billed Pro Bono Sessions will be required.*