



ONLINE THERAPEUTIC PRACTICE

## **CONSENT FORM**

This document (agreement) contains information about Dr. Hardt's professional services, business policies, and other related matters. Please read the contents carefully and feel free to discuss any questions that you may have with Dr. Hardt.

Therapy can present both benefits and challenges. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings such as sadness, frustration, or guilt. On the other hand, therapy has been shown to provide substantial benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. That said, there are no definitive guarantees as to what you will experience or the results that you will gain. Therapy requires an active effort on your part. In order for therapy to be most successful, you will have to participate to the best of your ability and work on areas discussed both during and between your sessions.

## **MEETINGS**

Dr. Hardt normally conducts an evaluation that lasts between 2 and 3 sessions. During the initial meeting, she will also offer you a sense of what therapy will entail.

Please note: If you are late, your session will end on time and will not run over into the next person's session. Once an appointment is scheduled, you will be expected to pay for it unless you provide 24 hours advanced notice of cancellation [unless both you and Dr. Hardt agree that you were unable to attend due to circumstances beyond your control]. Thank you in advance for your cooperation with this policy.

## **PROFESSIONAL FEES**

In addition to weekly appointments, Dr. Hardt charges professional fees for other services you may require. These services may include preparation of special reports, completing forms, copying records, treatment summaries, and attendance at meetings with other professionals you have authorized. Dr. Hardt's updated professional fee can be viewed on [drhardt.ca](http://drhardt.ca).

## **BILLING AND PAYMENTS**

You are required to pay for your session at the time of your scheduled appointment.

## **INSURANCE COVERAGE**

As a registered psychologist, Dr. Hardt's fees may be covered by third party insurance plans that provide coverage for registered psychologists (Licensed members of the College of Psychologists of Ontario).

## **CONTACTING YOUR THERAPIST**

Dr. Hardt may not be able to immediately contact or reply to you. If you are unable to reach her and feel that you can't wait for her to contact you, it is recommended that you reach your family physician or the nearest emergency room and ask for the psychologist [psychiatrist] on call.

## **CONFIDENTIALITY**

In general, law protects the privacy of all communications between a patient and his/her psychologist, and your therapist can only release information about your therapeutic work to others with your consent. But there are a few exceptions.

In most legal proceedings, you have the right to prevent the release of information about your treatment. In some proceedings involving child custody and those in which your emotional condition is an important issue, a judge may order your therapist's testimony if he/she determines that the issues demand it.

There are some situations in which your therapist is legally obligated to take action to protect others from harm, even if some information about a patient's treatment must be revealed. For example, if your therapist believes that a child [elderly person, or disabled person, etc.] is being abused, she must [may be required to] file a report with the appropriate provincial/federal agency. Also, if your therapist believes that a patient is threatening serious bodily harm to another, she is [may be] required to take protective actions. These actions may include notifying the potential victim, contacting the police, or

seeking hospitalization. If the patient threatens to harm himself/herself, the therapist may be obligated to seek hospitalization for the patient or to contact family members, police or others who can help provide protection. Also, when required to do so under the Missing Persons Act, the police can require the release of information about a missing person after reasonable efforts have not enabled them to locate the individual. Under these circumstances, your psychologist will comply with a Court Order, Search Warrant or Urgent Demand from the police and, as soon as reasonably possible, provide copies of the records or verbal equivalent as specified in the Order or Urgent Demand.

If during the course of practicing, Dr. Hardt has reasonable grounds to believe that another registered practitioner has sexually abused a client, she must file a report to this practitioner's college as soon as his/her name is known. The client's name would not be revealed unless the therapist had a written authorization by the client to do so.

There are other conditions under which information can be released to others such as when access to records or service information is required by third-party users/payers for the services provided - where they would have a legal right to the client's record - as well as clinical and administrative staff involvement in matters such as quality assurance, billing, research, and court orders or when contacting the referral sources to inform them of a patient's relevant follow-up information.

**Your agreement indicates that you have read the information in Dr. Hardt's Consent Form, considered the information carefully, understand the content and agree to abide by its terms during your professional relationship with Dr. Hardt, including consenting to the collection, use, and disclosure of personal health information as indicated in this consent.**

**I agree to undertake therapy with Dr. Susan Hardt and know that I can withdraw from therapy at any time, without prejudice. I am over the age of eighteen.**