



ROOHI AHMAD

COUNSELLOR

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ACA Reg, Dip Coun. AIPC

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BA International, MA International

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Client contract

Counselling framework

As a registered professional Counsellor, I follow the ethics and guidelines set out by my professional body, ACA (Australian Counselling Association). I use a person-centred, humanistic approach for counselling, which means I will work with you to help you achieve the best outcome that works for you. I would not be providing advice but would support you to navigate the situation in which you find yourself stuck at the moment. I also use solution-focused and cognitive behavioural therapy approaches with due regard to your cultural values and beliefs. If I am unable to help you or find that you may benefit from a specific counselling perspective, I am required by my organisation to refer you to another professional service in case of other medical or psychiatric conditions.

I regularly undertake professional supervision for my work as a counsellor and this may necessitate me to discuss your case. During supervision, I will only be discussing relevant details and no other identifying aspects. I will not disclose any information that you share within a counselling session unless you provide written permission, except when I have a legal obligation to do so. These legal obligations include but are not limited to, illegal activity, suicidal clients, domestic violence situations involving children, child abuse and a court subpoena. This might entail that I need to alert the authorities if you may cause harm to yourself or others.

Boundaries within counselling

I will be providing counselling during the scheduled video sessions and not outside of this time. As part of maintaining professional boundaries, I will not be providing free counselling or be connected to you in any way outside of this allocated time. This means that I cannot be your 'friend' on any social networking site whether online or offline.

Counselling Fees

Individual counselling sessions will normally run for around 50-60 minutes. It is recommended to allocate 90 minutes for the first couple session but not compulsory. The subsequent sessions will run for 60 minutes. You can request for additional time if you agree to pay the fees accordingly. Sessions fees are listed on my website www.connectwithcounselling.com.au. Counselling fees may change over time, I will inform you in advance when this happens. You can cancel or reschedule your appointment with 24 hours' notice, you will incur a 50% charge if you notify within 24 hours and 100% fee in case of a no-show.

I accept that I may need to be contacted by Roohi by phone, text or email as regards to appointment reminders and related counselling matters.

Signature: _____

Date: __ / __ / __