

# Client Information & Consent

Clear Ground Counselling

## Client Details

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address (optional): \_\_\_\_\_

## Emergency Contact

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Consent to Counselling

By engaging with Clear Ground Counselling, you are choosing to take part in a reflective, conversation-based process designed to help you make sense of where you are, think clearly, and move forward in a way that feels right for you.

This service is:

- Practical and discussion-based
- Focused on clarity, perspective, and forward movement

This service is not:

- A clinical or medical service
- A substitute for psychological, psychiatric, or emergency care
- A diagnostic or treatment-based mental health service

You are free to ask questions at any time, and you may pause or stop sessions whenever you choose.

## Your Responsibility

Counselling is a collaborative process. Outcomes depend on your willingness to engage honestly and reflect on what is discussed.

You remain responsible for your own decisions, actions, and wellbeing outside of sessions.

## Confidentiality

What you share in sessions is treated with care, respect, and confidentiality.

However, there are limits. Confidentiality may need to be broken if:

- There is a risk of serious harm to yourself or another person
- There are legal obligations requiring disclosure (e.g. court orders)

Where possible, this will be discussed with you before any action is taken.

## Record Keeping

Brief notes may be taken to support continuity between sessions.

These notes:

- Are stored securely
- Are only accessible by John Reardon
- Are not shared without your consent, unless required by law

## Communication

Communication outside of sessions (e.g. SMS or email) is used for practical purposes such as:

- Scheduling
- Sharing payment links

It is not intended for providing counselling support between sessions.

If you require support between sessions, this can be discussed during your appointment.

## Crisis & Urgent Support

Clear Ground Counselling is not a crisis service.

If you are in immediate distress or require urgent support, please contact:

- Lifeline (13 11 14)
- Emergency Services (000)
- Your local health provider

## Acknowledgement & Consent

By signing below, you acknowledge that:

- You understand the nature and scope of this service
- You have had the opportunity to ask questions
- You have read and received a link/copy of the Terms of Service
- You consent to participate in counselling with Clear Ground Counselling
- You understand that counselling is a reflective and collaborative process, and that outcomes cannot be guaranteed
- You accept responsibility for your own decisions, actions, and wellbeing outside of sessions
- You understand that this service is not a substitute for medical, psychological, or emergency support, and that you will seek appropriate assistance where required

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**Name:**

**Date:**

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**Signature:**

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