



LIFE CONNECT

COUNSELLING

Informed Consent and Professional Disclosure

Professional Disclosure Statement

Qualifications: I, Mattie Ho, hold a Bachelor in Counselling, a Graduate Diploma in Counselling for Health and Social Care, with a focus on mental health and a Masters in Counselling. I am a registered counsellor with the Australian Counselling Association, Level 3, since 2009.

Experience: I have counselled many clients over the last ten years with personal problems related to earlier life experiences, which infringed on their ability to live a fulfilling and positive life. My experience also encompasses clients with mental health issues, relationship and family problems, drug and alcohol related issues, and trauma. I receive regular supervision for relationship counselling as well as trauma informed counselling including mental health issues. Consistent further education and the latest research findings, in particular in regards to attachment and trauma issues, inform my counselling approach.

Nature of Counselling: The most important point in Counselling is the therapeutic relationship between the client and the counsellor, which will enable you as the client to explore the nature, origin and impact of the concerns you bring to counselling. In my counselling practice I accompany you on this journey and act as a mirror and strong impartial support person, enabling you to explore past hurts and/or unhelpful patterns and resulting behaviour. During this process I might invite you to participate in certain activities, such as 'talking to a person as if he/she were present', using drawing or other materials to explore the nature of your emotions or your position in your family, etc. (The use of such materials can often help us to uncover deeper sitting feelings as they work on a non-verbal basis).

In relation to attachment issues and trauma, I use research-based approaches involving the exploration of your body-mind connection that will help with the fastest way of 'reprogramming' your brain in a life-affirming, empowering way. If you would like more detailed information on any counselling therapy in particular, please let me know.

Mattie Ho Registered Counsellor
90 Taylor Street, Armidale NSW 2350
P 1300 10 60 02
mattie@lifeconnectcounselling.com.au
www.lifeconnectcounselling.com.au



LIFE CONNECT

COUNSELLING

Family and Relationship counselling: the same as above applies to these forms of counselling but the relationship or the family itself becomes the 'client'. This means the focus shifts from your individual internal experiences toward their impact on your relationship and family. Counselling becomes more multi-dimensional, as partners and family members influence, block or support each other.

Informed Consent

Effects of Counselling: While benefits are expected from counselling, specific results are not guaranteed. Counselling is a personal experience and may lead to major changes in your life perspectives and decisions. These changes may affect significant relationships, your work, and/or your understanding of yourself. Some of these life changes could be temporarily distressing. The exact nature of these changes cannot be predicted. While you might leave some counselling sessions feeling more upset, distressed or unsettled, this is generally an effect which will enable you to redirect previously 'stuck' emotions towards a healthier and more fulfilling life.

Counselling Relationship: During the time we work together, we will meet at previously arranged times for approximately one hour sessions. Although our sessions may be psychologically very intimate, our relationship is professional rather than social. You will be best served if our sessions concentrate exclusively on your concerns. Our contact will be limited to counselling sessions you arrange with me except in case of emergency when you may contact me on my mobile phone and I will do my best to be available to support and assist you. If appropriate for your benefit, short email message can also be used for questions and support. Please note that any contact via phone or email that requires more than five minutes will be treated as a counselling session and will incur a fee.

Client Rights: Some clients need only a few counselling sessions to achieve their goals; others may require months or even years of counselling. As a client, you are in complete control and may end our counselling relationship at any time, though a termination session is highly recommended. You also have the right to refuse or discuss any suggestions I make that you don't feel comfortable with. I will always respect your decision and not insist in any way on continuing with an 'intervention' you don't feel completely safe and comfortable with.

Mattie Ho Registered Counsellor
90 Taylor Street, Armidale NSW 2350
P 1300 10 60 02
mattie@lifeconnectcounselling.com.au
www.lifeconnectcounselling.com.au



LIFE CONNECT

COUNSELLING

I assure you that my services will be rendered in a professional manner consistent with legal and ethical standards. If at any time and for any reason you are dissatisfied with my services, please let me know. If I am not able to resolve your concerns, you may report your complaints to the Australian Counselling Association, of which I am a member and whose code of conduct is binding for my practice.

Referrals: Should you and/or I believe that a referral is needed, I will provide you with a list of contact details to other qualified counsellors who may be able to assist you. Please note that I am not qualified to make a medical diagnosis or perform a psychological assessment that can be used as a basis for a mental health diagnosis. Should you require assessment or diagnosis, I am happy to provide you with relevant contact details to Psychologists and GPs. You will be responsible for contacting and evaluating those referrals and/or alternatives.

Fees: The fee that has been quoted to you in the confirmation email will remain the same throughout the duration of your engagement with Life Connect Counselling. Should you re-engage in therapy after a break of more than 6 months, the then current fee is payable for the new engagement

Payment: The payment for each session is due before or on the day of the appointment. I accept cash or direct deposit. I have given you my bank details in the confirmation email. **Please send me an email with payment details if you pay via direct deposit.** Please let me know if you have a private health insurance as some Insurance providers offer a reimbursement for part of the fee.

Cancellation: In the event that you will not be able to keep an appointment, please notify me at least 24 hours in advance, so that your time can be given to another client who might be waiting for an appointment. While circumstances arise at times beyond our control, please understand that the full fee is due if you fail to cancel an appointment less than 24 hours in advance. I will then send you an invoice for the amount due for that session.

Should your life circumstances increase the likelihood for short-notice cancellation, such as the predisposition for migraines, sick children, etc.

Mattie Ho Registered Counsellor
90 Taylor Street, Armidale NSW 2350
P 1300 10 60 02
mattie@lifeconnectcounselling.com.au
www.lifeconnectcounselling.com.au



LIFE CONNECT

COUNSELLING

please let me know so we can discuss a scheduling plan that works for both of us.

In return, if I have to cancel a counselling session scheduled for less than 24 hours after my cancellation, and for reasons excluding the above, I will provide a one-hour session for you free of charge.

With your signature you declare that you have read and understood all details outlined in this form and that any questions you have in relation to the points discussed in this form have been clarified to your satisfaction.

Client's Signature, Date

Counsellor's Signature, Date

Mattie Ho Registered Counsellor
90 Taylor Street, Armidale NSW 2350
P 1300 10 60 02
mattie@lifeconnectcounselling.com.au
www.lifeconnectcounselling.com.au