

Island Narrative Therapy  
Therapy Consent and Demographic Information

Your Name

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Your Preferred Pronouns \_\_\_\_\_ Any information on racial or cultural identity you'd like to share? \_\_\_\_\_

Your Address

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Your Email \_\_\_\_\_

Can Karen email you the therapeutic letter? \_\_\_\_\_

If needed, can Karen email you with any session information or details? \_\_\_\_\_

Your Phone Number \_\_\_\_\_ Can Karen text this number for appointment or scheduling details?

Emergency Contact Information including name, phone number and relationship to you

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How did you hear about Island Narrative Therapy?

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Have you been to therapy before and, if so, is there anything you want to share about that experience?

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What are some of your hopes for these counselling sessions?

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What is your favourite hobby when you have some time alone?

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### **Things you should know about Narrative Therapy with Karen**

\*You know more about you than your counsellor does and narrative therapy positions you as the expert of your life. You are in charge of the counselling relationship and set the direction about what you choose to discuss.

\*Your stories will be respected and honoured, never judged or looked down upon.

\*The possibility for conversational direction are many. You can choose where to go and what to leave behind. You play a significant role in mapping the direction of the therapeutic process.

\*Karen will frequently "check in" to see how the dialogue is going for you, ensuring the trajectory is in line with what you wish to discuss and focus on.

\*Fit matters. One of the most important aspects of therapy is that a human connection is made. Karen wants to ensure that you find someone who fits your needs at this particular time in your life. Feel free to stop your sessions or seek out a different therapist if something isn't working for you. Always feel free to ask questions and let Karen know what's working and what's not working.

\*Karen will usually ask if you want to schedule another appointment after each session. There is no obligation to do so.

\*Karen may refer you to someone who has more experience in a certain area if she thinks it will be beneficial to you.

\*Karen has a Masters in Narrative Therapy and Community Work from The University of Melbourne in Australia. She is currently working towards her RCC in British Columbia.

\*As a Narrative Therapist, Karen takes notes during each session of therapy and uses the client's words and phrases to craft a therapeutic letter. This letter is written approximately 2 days after each session and emailed to the client, unless otherwise directed.

\*Client letters belong to Island Narrative Therapy and are kept in secure client files.

\*Karen receives Supervision 5 times a month from a PhD Professor of Social Work and two licensed counsellors. This means that the content of the session may be audio recorded, with a client's consent, partially transcribed and may be discussed with Karen's Supervisor's, always for the purpose of counsellor skill development and enhanced service provision. Confidentiality and respect are always privileged and identifying characteristics are changed.

\*Karen works from a holistic, people-centre, non-directive approach. Creativity is taken with the letters in the form of poems, reflections or first person story-narratives. These letters have shown to be beneficial to the people coming to therapy.

### **Audio Taping**

\_\_\_\_\_ I consent to certain sessions being audio taped for the purpose of my therapist's professional development/supervision. I understand that parameters of confidentiality apply. I also understand that I can say no at any time to this request, even if I consent today.

### **Fees for Narrative Therapy Counselling**

Karen offers a sliding scale for people that ranges from \$50/hour and goes up to \$100/hour. She lets people decide what rate works best for their financial situation.

I have been informed about Narrative Therapy with Karen Mittet. I had a chance to ask questions and receive clarification about the parts I was not familiar with. I am ready and willing to participate in narrative therapy.

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Client Signature

Date signed

