



Carlton Wellness

SPECIALIST WELLNESS COUNSELOR

COUNSELLING INFORMATION FORM

Counselling:

I am a specialist wellness counsellor, my counselling approach may involve various counselling techniques but revolves around a client-centred approach. Please note that wellness counselling is not in any form a substitute for medical treatment by a doctor. Furthermore, I am not qualified to provide medical or psychiatric advice, nor a diagnosis of any type for any requirement.

Confidentiality:

All information shared during counselling sessions will be kept strictly confidential, except in the following circumstances upon which a conversation will first ensue between the counsellor and you the client before any action is taken, by the counsellor.

- If the counsellor believes the client poses a danger to themselves or others.
- If the counsellor is legally obligated to report any form of abuse or neglect.
- If a court of law requires the client's records via a subpoena.
- If the client provides written consent to share specific information with other parties such as the ones detailed below.

I may discuss case information with peers for professional development or referral. However, identifying information will be removed to protect client confidentiality. A conversation requesting explicit permission will also be held between the client and counsellor.

Frequency and Length of Sessions:

Our sessions will last 50 minutes and are scheduled weekly or every second week. The counselling process includes 8 – 12 sessions typically but accommodations will be made as needed if the counsellor and client agree that more or less sessions are needed.

I am available from Mondays to Fridays from 8h00 to 18h00.

I can be contacted via e-mail or WhatsApp.

Fees:

The sessions are set at a cost of R500 each. This is payable after each session. Please note that if at least a 2 hour notice is not received that session will be billed for.