



DOUGLAS COLLEGE COUNSELLING

INFORMATION & CONSENT TO COUNSEL FORM

People often attend counselling because they want something to be different in their lives. At Douglas College, we offer short-term counselling for current students. In confidential counselling appointments, you will have the opportunity to explore your concerns and work collaboratively with the counsellor to reach your goals. Making changes can be hard work and may involve experiencing and dealing with challenging issues and feelings. However, through the counselling process, clients often report a greater sense of wellbeing, confidence, self-understanding, relief, and strength to deal with life's ups and downs.

We respect the concerns you may have about the privacy of the material that you share with your counsellor. This information will be held in the strictest confidence.

Exceptions to confidentiality are:

- By law, counsellors must report if you tell them of clear harm to self or others, so they may take measures to prevent this from happening.
- By law, counsellors must report instances of current child abuse.
- If a counsellor or their files are subpoenaed, they must disclose what is requested by the courts.
- If you provide signed consent to release information to third parties.

The college community works collaboratively to ensure the well-being of students:

- Your counsellor may consult with other Douglas College counsellors for the purpose of seeking supervision and resources.
- Key college personnel may also be consulted when there is potential risk to the individual or broader college community. Only relevant and necessary information would be shared.

If you are meeting with a Counsellor about Academic Probation:

Your counsellor will communicate to Douglas College Enrollment Services to confirm appointments completed and request clearance of your academic probation registration hold.

I am responsible for ensuring confidentiality and security by closing other programs on my computer or phone while in a session, planning ahead to minimize distractions, and not answering calls or text messages during my appointment.

I understand that counselling via phone or video has risks. While we have security settings on Zoom, we cannot guarantee our conversations will not be intercepted.

I also agree to be ~~QgW*ñBTF69)-(e)(m)(h)-(p)-(e)(h)QgW*ñBTF69)-(e)(v)(6)-10(s)5(ion)-(a) towe h(3)-40.00002 208~~

