

## **CLIENT INFORMATION AND CONSENT FORM**

### **Cheryl's Approach**

I am fundamentally Person-centred in my approach. This means that I am focused on the therapeutic relationship and providing a safe space for reflection, emotional expression, processing of experience, meaning making and finding a path forward. I believe in each person's innate capacity for healing and growth and my goal is to provide the conditions that support and foster self-understanding, self-acceptance and growth. I draw from a range of modalities (Expressive therapies, EMDR, EFT, Emotion focused therapy and Solution focused therapy) to respond in a way that best suits each person's unique needs and goals.

**When working with children** – I use Expressive therapies including Sandplay, Art, Story-telling, Body-focus, Sound and Movement.

### **Qualifications and experience:**

Cheryl began her study and practice in Counselling & Psychotherapy in 1998 and has since been providing counselling services to a diverse range of clients including children, adolescents, adults, couples and families. Cheryl's qualifications and training include:

- Master of Counselling & Human Services
- Diploma of Family Therapy
- Graduate Diploma of Counselling Supervision
- Advanced training in Emotionally Focused Couples Therapy
- EMDR Levels 1 and 2
- Emotional Freedom Technique (AKA Tapping)
- Graduate Diploma in Christian Counselling
- Certificate in Emotion Focused and Transpersonal Expressive Therapies with adult clients
- Certificate in Sandplay Therapy
- Certificate in Expressive Therapies for Children & Adolescents
- Course in Autism Support Work
- Diploma of Teaching

### **Memberships:**

- Australian Counselling Association (Reg. No. 5590)
- Psychotherapy and Counselling Federation of Australia (Reg. No. 21570)
- Approved Counselling Supervisor with Counsellors and Psychotherapist's Association of Victoria and the Australian Counselling Association

Cheryl has also facilitated workshops, delivered lectures and supervised placement students in Post Graduate and Masters programs at Monash University, the University of New England, the Australian College of Applied Psychology and the Cairnmillar Institute.



**Sessions:**

I recommend that clients commit to at least six sessions, however this may vary according to your own personal goals.

**Fees:**

Initial Consultation: Individual Counselling	\$145
Standard Consultation: Individual Counselling	\$130
Initial Consultation: Relationship Counselling	\$165
Standard Consultation: Relationship Counselling	\$150
Supervision: Standard Consultation	\$130
Group Supervision (2.5 hours)	\$110

Late cancellations (less than 24 hours notice) will require payment of 50% of the scheduled fee. Forgotten appointments will require full payment.

Health Fund rebates are available through BUPA, Medibank, ARHG (Police Health, St Luke's Health, Phoenix Health, Emergency Services Health). Provider numbers are as follows:

**Provider Numbers Port Melbourne:**

BUPA:	J001130
Medibank:	1243016J
ARHG:	PC21570T
ahm:	21226685:

**Provider Numbers Inverloch:**

BUPA:	000056
Medibank:	1243015Y
ARHG:	PC21570T
ahm:	21223860

**Confidentiality**

All personal information and notes gathered by the counsellor during the provision of the counselling service will remain confidential and secure, except when:

- It is subpoenaed by a court, or
- Failure to disclose the information would place you and/or another person at risk, or
- Your prior approval has been obtained to
  - Provide a written report to another professional or agency, eg. A GP or a lawyer; or
  - Discuss the material with another person, as agreed

**Feedback / Complaints Procedure**

Should you have a grievance with me, I would welcome your feedback and an opportunity to discuss and address your concerns. However, if you feel that you cannot approach me, or that your concerns have not been responded to appropriately, you may lodge a complaint with the Health Complaints Commissioner, by filling out an online complaints form ([www.hcc.vic.gov.au](http://www.hcc.vic.gov.au)) or contacting the Commission directly on 1300 582 113 between 9am and 5pm Mon-Fri.

The General Code of Conduct for Health practitioners is available here: [https://hcc.vic.gov.au/sites/default/files/media/general\\_code\\_of\\_conduct\\_-\\_a3\\_4.pdf](https://hcc.vic.gov.au/sites/default/files/media/general_code_of_conduct_-_a3_4.pdf)

**Consent:**

I have read the General Information about Cheryl Taylor and her approach to Counselling and I agree to engage her services as a Counsellor/Psychotherapist. I understand that my private information will be treated as confidential, except in circumstances indicated above.

I have read, understood and agree to the information provided in this Consent form.

Name: .....

Signature: .....

