

**CHASIDY KARPIUK, MA, RCC, CCC**  
Registered Clinical Counsellor  
W 604-377-8175

---

**MEMORANDUM OF UNDERSTANDING**

**ABOUT CHASIDY:**

Chasidy Karpiuk, MA, RCC (#2656), CCC (#0129) has a Master of Counselling Psychology degree in addition to her Bachelor of Arts Degree majoring in Psychology. She actively participates in ongoing continuing education including regular supervisory meetings.

Chasidy uses an eclectic approach to counselling and decides on a case by case basis what interventions and counselling strategies to use. She draws from her background in Adlerian Psychology and uses many modalities such as cognitive behavioural, gestalt, brief or solution focused therapy, art techniques, coaching, addictions and clinical hypnosis. For more information, please talk to Chasidy and you can go to her website at [www.chasidylkarpiuk.com](http://www.chasidylkarpiuk.com)

**WHAT IS CLINICAL COUNSELLING?**

Clinical counselling helps people improve their mental, emotional and physical health while encouraging positive relationships with self, others and the larger community. The building of a trusting and comfortable relationship between client(s) and counsellor is important as counselling may cover topics of distress, therefore questions or comments on the counselling process are invited at any time.

**BENEFITS OF THERAPY:**

Therapy can help a person to gain a new understanding about his or her problems and to acquire new ways of coping with and solving those problems. Therapy can help a person to develop new skills and to change behaviour patterns. Therapy can contribute to an increased understanding of self and others.

**RISKS OF THERAPY:**

While there are potential benefits to therapy, success is not guaranteed and there are potential risks. Therapy may stimulate memories, evoke strong feelings, and changes in awareness may alter one's self-perceptions and ways of relating to others. Sometimes clients will feel worse before they feel better. This is especially a concern for trauma clients. A person needs to understand that therapy is a process and you can continually discuss any concerns you are having with your therapist.

**CONTACTING AND COMMUNICATION:**

Chasidy is available during the weekdays by phone at 604-377-8175. In the event of an emergency, please contact 911 or the Crisis Line at 604-872-3311. Chasidy does not regularly use email or texting as a communication tool as the technology limits the ability to maintain confidentiality (the encryption level is not high enough). Clients that choose to contact her in this way are aware of the risk and assume responsibility for possible breaches of confidentiality associated with using the technology.

**COLLECTION AND STORAGE OF PERSONAL INFORMATION:**

Storage and collection of client information is in accordance with the personal information protection act (PIPA) and in accordance with the BCACC and CCC guidelines. If you have any questions regarding this, please talk to Chasidy directly.

**COMPLAINTS OR QUESTIONS:**

If you have a complaint or question, please feel welcome to talk to Chasidy first. If you would like to talk to someone else, you can contact the BC Association of Clinical Counsellors at (250) 595-4448 or you can contact the Canadian Counselling Association at 1-(877)-765-5565.

**FEES:**

The fee for \$110 for individuals and \$120 for couples (includes tax). Each session is 50 minutes in length and a sliding fee may be available. Longer sessions are also available, charged at the above rate, when they are required. Telephone consultations and distance counselling are charged by the ¼ hour. Payment is requested by cheque or cash at the end of each appointment. Payment is accepted by cash or cheque.

Payment can also be made through PayPal on Chasidy's website ([www.chasidykarpiuk.com](http://www.chasidykarpiuk.com)) and this payment is requested in advance of sessions. A \$25 fee, plus any bank fees incurred, will be charged for NSF cheques. In the case of payment not being made before the appointment or at the appointment time, clients will be charged a \$10 fee per unpaid session for each full or partial month that they have not paid. Clients have 30 days before this fee will begin to accumulate.

**Cancelled and/or missed appointments:**

24 hours notice must be given for the cancellation of appointments otherwise, the full session fee will be charged. As there is a high demand for services, your time is reserved exclusively for you and therefore is not available to others.

**Extended health benefits and income tax:**

Clinical counsellor fees are not covered by MSP but may be completely or partially covered by your extended medical plan or possibly deductible as a medical expense on income taxes. Some insurance companies will cover expenses of a counsellor if they are supervised by a Registered Social Worker or Psychologist. Duanita Eleniak, MSW, RSW, ATR, PhD will be working with me on those cases. Please confirm your coverage with your workplace insurance provider so appropriate receipts can be provided.

**Child and Youth Therapy Guidelines:**

- Chasidy typically uses the age of 12 years old to determine whether a youth can provide consent.
- It is recommended that a parent stays in the waiting room while their child is in session. This is to ensure that should your child need you, you are available for them.
- Regularity and consistency of attendance is extremely important so the therapist and your child can develop a trusting therapeutic relationship.
- Do not question your child about their counselling session. Your child will share what they feel comfortable with.
- Do not press a child to attend counselling or to talk about a particular issue in counselling. The child will address issues as they feel safe and ready to do so, or they may be addressing them in other ways, i.e. through play or art. Pressure from a parent/caregiver may place undue stress on a child and may in fact be detrimental to the counselling process.
- Do support your child as they courageously face their issues in counselling.
- Do be open to participating in counselling yourself.

These are general guidelines only. Your counsellor and you can discuss these in depth and develop a plan about how you can best be of support to your child in counselling.

**LIMITS OF CONFIDENTIALITY:**

Information about counselling sessions will not be released to anyone without your informed, voluntary, and written consent.

**EXCEPTIONS ARE:**

- When you may be a danger to yourself or others
- When there is suspicion or disclosure of abuse of vulnerable persons, such as a child or elderly person
- When records are subpoenaed by court order

Every reasonable effort will be made to discuss these circumstances with you prior to the involvement of other professionals.

An additional exception may be made if the counselling is being paid for by a third party (such as an EAP). This will be discussed with you at the onset of counselling.

**CONTACTING OTHER HEALTH PROFESSIONALS:**

It may be helpful or necessary for Chasidy to speak to other professionals who may be involved in aspects of your physical and emotional health. Wherever possible, this will be done with your understanding the intent of such contact. You have the right to know what transpired in any conversations between your counsellor and other professionals.

Other professionals involved in my health care are (ex. Dr's, SW's, other therapist's):

NAME:	CONTACT:

**\*PLEASE INITIAL HERE IF YOU GIVE YOUR PERMISSION FOR ME TO GIVE UPDATES TO THESE PROFESSIONALS \_\_\_\_\_**

**COUPLES AND FAMILY COUNSELLING:**

For these types of counselling, please understand that Chasidy's policy is to "have no secrets" between her and the parties in the therapy. If you have concerns about this, please speak to Chasidy directly.

**CONSULTATION:**

In order to provide the best possible service, I may consult with another professional(s) about our work together; your name and other identifying information would not be used.

\*If you, or a member of your family, have been seen by Dr. Duanita Eleniak previously, I would like to be able to consult with her specifically using your identifying details. Please initial here if you agree and give consent: \_\_\_\_\_

\*Chasidy does presentations about her work and about teaching principles of caring for ourselves and others. If you would like Chasidy to be able to use your story (Chasidy will change identifying characteristics such as your name, age, sex and some details about your story), please initial here indicating that you agree and give consent \_\_\_\_\_

\*Chasidy regularly presents and facilitates workshops. If you would like to be included on her contact list, please initial here \_\_\_\_\_

**ADDITIONAL CLIENT RIGHTS:**

- Clients have the right to withdraw this consent at any time. Please provide this in writing wherever possible.
- Clients have the right to refuse particular counselling interventions.

**CLIENTS WITH ADDICTIONS CONCERNS:**

Clients must not be affected by substances at the time of the counselling appointment. This typically requires that a client is sober for the 24 hours before the time of the appointment.

**I HAVE READ, UNDERSTAND, AND AGREE WITH THE ABOVE.**

\_\_\_\_\_ Date: \_\_\_\_\_  
Client (1)

\_\_\_\_\_ Date: \_\_\_\_\_  
Client (2)

\_\_\_\_\_ Date: \_\_\_\_\_  
Chasidy Karpiuk, MA, RCC, CCC