



True-North Life-Coaching, Counselling, & Consulting

Deborah Grose-Checkel CT MICM MDIV CPST CNPBH(11)
Association of Counselling Therapy of Alberta, Counselling Therapist #1109
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Statement of Agreement Between Life Coach/Counselling Therapist & Client

1. It is agreed that the Life Coach/Counselling Therapist, Deborah Checkel CT MICM MDIV CPST CNPBH(11), will provide life coaching, counselling, or therapy to individuals and groups regarding personal and family matters using an integrated client-centered trauma and spirituality-informed approach.
2. It is agreed that Deborah Checkel CT MICM MDIV CPST CNPBH(11) does not offer medical, legal, or psychiatric services or dispensing drugs or medications. The client agrees to seek such help elsewhere if needed.

3. The client agrees to pay fees for services received by Deborah Checkel CT MICM MDIV CPST CNPBH(11).
4. The fee for this series of therapy sessions will be \$ 100.00 per session and will be paid to the therapist before the beginning of each session. These fees apply to in-person, video, telephone, and e-mail sessions. Receipts for cash and credit-card transactions will be issued by e-mail. Receipts for e-transfers will usually be issued by the client's banking provider (official receipts are available upon request).
5. It is agreed that appointments must be changed or cancelled with 24 hours' notice prior to the appointment and without payment of the usual fee. The regular fee will apply if cancelled with less than 24 hours' notice. Any exceptions to this will be determined after review by Deborah Checkel CT MICM MDIV CPST CNPBH(11).

6. Counselling will begin with an initial assessment (minimum 2 sessions), including suicidal risk, followed by suggested options for the client's choosing based on the client's individual circumstance(s) and personal orientation(s).
7. It is agreed that all information about conversations within the therapeutic relationship will be used responsibly by Deborah Checkel CT MICM MDIV CPST CNPBH(11). No such information will be shared beyond Deborah Checkel CT MICM MDIV CPST CNPBH(11) without consultation with AND written confirmation (i.e. signed disclosure) from the client. An exception to this Rule of Ethics is when danger-to-self or others is indicated such as suicide, homicide, and physical or sexual abuse of a minor.
8. It is agreed that Deborah Checkel CT MICM MDIV CPST CNPBH(11) will make referrals, when indicated, in the client's best interest or conflict-of-interest is a possibility.

9. In the event that any Creative Art from the collaborative effort of the client and therapist, *it shall be deemed jointly-own*. After a digital recording of the art has been made, the art shall be released to the client upon completion of the current counselling sessions and the issue(s) involved have been resolved satisfactorily by both parties. In the interim, the therapist shall store the art in a secure place, and no replications of the art of any kind, including cell-phone pictures, will be allowed. The art will not be offered for public display (e.g., trade shows) unless the client and therapist agree in writing. Following the above stipulations, and with the signing of this agreement, the client also permits the therapist to use the digital copy of such art anonymously for professional teaching only, thus protecting the client's identity.

Client: _____

Date: _____

Client: _____

Date: _____

Deborah Grose-Checkel CT MICM MDIV CPST CNPBH(11) (digital signature)

Date: _____