

What is Counselling?

Counselling is the opportunity to talk with a professionally trained counsellor who can offer support, advice and new perspectives on your issues.

The main steps in the counselling process are:

- To help clarify the problem
- To identify options open to you in the situation
- To work out what you hope to achieve
- Identify ways to achieve this goal
- Provide support and advice as you work towards your goal.

While counselling is not a magic cure, it can clarify problems and help in their resolution. It will also provide structure and support for you in painful and difficult times.

How do I get the most out of counselling?

Counselling is most effective when it is a collaborative process between counsellor and client. The following points may be helpful for clients:

- Be prepared to share your thoughts and feelings openly with the counsellor.
- Feel free to ask for clarification at any stage during the counselling process.
- It is helpful to discuss any doubts, concerns or discomfort you have during counselling with your counsellor.
- Complete any homework tasks set by your counsellor to the best of your ability.

Are there any risks in attending counselling?

During counselling a wide range of thoughts, feelings and reactions may be triggered. These can be either positive or negative, and will vary in type and intensity according to individual differences and circumstances. You may notice some changes in your thinking, your emotions or in your physical well-being. This is usually a normal stage of the therapeutic process, and should be discussed with your counsellor.

Confidentiality

Everything you discuss with your counsellor is confidential, and will not be disclosed without your written consent. Your counsellor has an ethical responsibility to maintain confidentiality.

In the following specific circumstances, however, your counsellor may be required to disclose information without your consent:

- If there is a risk of you harming yourself or others
- If the counsellor has reason to believe that you have or are going to commit a crime
- If a court of law subpoenas information about you

In the event of these circumstances, your counsellor will make every effort to discuss any disclosure of information prior to doing so.

If your counsellor is required to attend an incident to provide trauma debriefing, your appointment may need to be rescheduled. In doing so, care is taken to maintain confidentiality. In the event that a message needs to be forwarded, the call will be

described as a personal call, and a return phone number provided. PRIMEPSYCH is not mentioned at any time during such calls.

Notes Taken During Counselling

The counsellor will take notes on personal information that is relevant to your situation. Your counsellor only uses these notes as part of the assessment and/or counselling process.

Relevant statistical information may be provided to DCD Carer's Programme regarding the utilisation of our services. Such information is summarised from all clients who accessed the service and provided in the form of a quarterly/annual report. The information provided to DCD Carer's Programme does not include your name or any other identifying information.

Counsellors' Qualifications and Expertise

All counsellors are registered psychologists and members of the Australian Psychological Society (APS). A summary of both your counsellor's qualifications/experience, and the 'APS Code of Ethics' is available upon request.

You will usually attend all appointments with the same counsellor. If you feel you would like to change counsellors, this can be arranged by requesting an alternative counsellor when making an appointment.

Please see over ...

Counselling Style

All counsellors utilise widely recognised therapeutic approaches to counselling. Such approaches usually involve brief, strategic and solution focused counselling. PRIMEPSYCH cannot 'guarantee' counselling will meet all clients expectations, as a wide range of internal and external factors influence counselling outcomes.

Referrals

Your counsellor will not attempt to assist you in areas beyond their expertise. In such cases, and if longer term counselling is deemed necessary, your counsellor will, with your consent, refer you to another professional.

Reasons for going to Counselling

- Preparation and support for you and your family to adjust to the demands of parenting children in your care.
- Assistance to overcome the pressure put on relationships in the family because of the demands of caring for children.
- Support and counselling to address grief and loss issues.
- Assistance to deal with issues relating to contact visits between children in your care and their families.
- Support to say goodbye to children in your care that you and/or your family have become close to when it is time for the children to leave.

Please see over ...

Missed appointments

Appointments cancelled or missed without 24 hours notice, may result in DCD Carer's Programme being billed for 50% of the appointment fee, and may be counted as an actual session therefore reducing total appointments allowed.

Number of appointments

General referrals: DCD Carers have access to 3 sessions of approximately 50 minutes each per year.

Hours of Service

- Standard hours to access counselling are Monday to Thursday 8.30am to 7.00pm, Friday 8.30am - 5.00pm.
- The affiliate counsellors (outside Perth Metro) set their own hours of practice.

In cases of crisis, an emergency 24-hour service with a duty psychologist can be accessed by contacting 9492 8900 and leaving a message with the paging service. The duty psychologist will then return your call.

Fees

Counselling is generally provided at no charge to the client, as all fees are paid by DCD Carer's Programme. The billing of DCD Carer's Programme does not include your name or anything that will identify you.

PRIMEPSYCH

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PRIMEPSYCH

DCD Carers Counselling: Information for DCD Carers



This pamphlet is designed to clarify important issues related to the counselling process.