Informed Consent Form for Parents

This is the informed consent form for the school’s counselling services. This consent form will help you understand the benefits, risks, and possible outcomes of the counseling process.

I am Jocelyn Lantin, the school’s Guidance Counsellor. I am a certified School Counsellor and a Therapist. I have a Post-Baccalaureate Diploma in Counselling and a Master’s Degree in Marriage and Family Therapy. I have a Canadian Certified Counsellor (CCC) professional designation from the Canadian Counselling and Psychotherapy Association (CCPA. With my education as well as training, I believe that I can help students to share their feelings and face their challenges positively.

Please be aware that individual or group counselling provides students with the opportunity to explore feelings, thoughts, behaviours and or to learn specific skills in a private, one-on-one or group setting with a trusted adult. The purpose of counselling is to work towards your child’s academic, personal, social, spiritual, and emotional development. The school’s approach is to offer a safe and comfortable environment to encourage positive change.

However, counselling is voluntary and without a guarantee. You can refuse this service. You or your child may also stop counselling at any time without any negative consequences. Although, St. Maurice School will do its best to give the best service to your child, we cannot guarantee success. Counselling can often change your child’s negative feelings and behaviours but it can also be disturbing or unsettling. Your child may experience discomfort in dealing with intense or unpleasant emotions such as fear, anxiety, and helplessness. If not controlled, these emotions can cause concern and pose problems for the process and the counselling’s outcome.

Confidentiality will be guarded within legal and ethical limits of the counselling profession. Sometimes, school administrators and other counselling professionals may need to be consulted but the student’s identity will be protected. If your child shares that he or she is being harmed, may be harmed, or has plans to harm himself/herself or another person or property, the counsellor will share the information with parents, the school administration and/or other appropriate authorities. In group counselling, the counsellor will make every effort to ensure confidentiality but cannot guarantee group member compliance.

The school also wants you to know that we will keep written records of your child’s counselling process. You can access these records upon request. All records will be destroyed after ten years. If you need any clarification, please feel free to contact me. If you wish to avail or not avail our counselling services for your child, please sign this form and return it to me. Thank you.

Sincerely,

Jocelyn Lantin, MMFT, CCC

School Counsellor

cc. St Maurice School Administration

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REPLY SLIP FOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Name of Child/Grade/Section)

I have read and understand the consent form. I do:

ALLOW my child to participate in individual/group counselling.

NOT ALLOW my child to participate in individual/group counselling

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Name of Parent/Guardian Signature Date