



**Think Rational
Feel Positive &
Behave Constructive**

DR. GHAZAL DAWOODI

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ADOLSCENT INFORMED CONSENT FORM

It is important that you feel comfortable talking to me about the issues that are bothering you. Sometimes these issues will include things you don't want your parents or guardians to know about. Privacy, also called confidentiality, is an important and necessary part of good counselling.

As a general rule, I will keep the information you share with me in our sessions confidential, unless I have your written consent to disclose certain information, or you ask me to discuss your situation with your parents or guardians.

There are, however, important exceptions to this rule that are important for you to understand before you share personal information with me in a therapy session. In some situations, I am required by law, or by the guidelines of my profession, to disclose information, whether or not I have your permission. I have listed some of these situations below.

Confidentiality cannot be maintained when:

1. You tell me you plan to cause serious harm or death to yourself.
2. You tell me you plan to cause serious harm or death to someone who can be identified.
3. You are doing things that could cause serious harm to you or someone else.
4. You tell me you are being abused physically, sexually or emotionally or that you have been abused in the past. In this situation, I am required by law to report the abuse to the Department of Social Services in your state.
5. You are involved in a court case and request is made for information about your counselling or therapy.

Communicating with your parent(s) or guardian(s):

Except for situations such as those mentioned above, I will not tell your parent or guardian specific things you share with me in our private therapy sessions. This includes activities and behaviours that your parent/guardian would not approve of or would be upset by, but do not put you at risk of serious and immediate harm. If I believe that it is important for them to know what is going on in your life, I will encourage you to tell your parent/guardian and will help you find the best way to tell them. Also, when talking with your parents, I may sometimes describe problems in general terms, without using specifics, in order to help them know how to be more helpful to you.

Communicating with your doctors and health care professionals:

Sometimes your doctor or psychiatrist and I may need to work together; for example, if you need to take medication or have developed therapeutic goals or you need other kinds of support to follow through on.



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Client Name: _____
(Last) (First) (Middle Initial)

Client Signature: _____ Date: _____

Parent/Guardian Name: _____
(Last) (First) (Middle Initial)

Parent/Guardian Signature: _____ Date: _____

Counsellor Signature: _____ Date: _____