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## CHRIS GRAHAM PSYCHOLOGY

### Consent for Youth

## WELCOME

10 Things to Know  
About Working with  
Chris

**Counselling is sort of like talking to a good friend.** *Sort of.* With a friend, you get to know a lot about your friend. But in counselling, you will be invited to do most of the talking and you won't get to know as much about me. Counselling is about you.

1. **My job is to help you feel safe and cared for** so you can talk about what's going on in your life - for example, what you've experienced, stress, your feelings, what you are doing, or what you wish you were doing. Sometimes counselling is easy and sometimes counselling is hard. You might start thinking differently, feeling differently, or doing things in a new way.
2. **You are the boss. You have rights! Lots!** For example, you have the right:
  - a. To decide what to talk about. You can share as much or as little as you want.
  - b. Not to answer any questions.
  - c. To say: Yes, No, Maybe, Skip, Goodbye, I don't know, or Pass.
  - d. To say **no** to anything I suggest!
  - e. Ask me questions.
  - f. To privacy. You have the right to know how I protect your privacy and when I will have to talk to others about you.
3. **Sometimes I have to get extra help.** This means I may need to talk about you with other therapists, your parents, or organizations that help keep people safe.
  - ➔ *When do I have to talk to other adults?* Some examples of when I would talk others about you include:
    - a. If you plan to hurt yourself, someone else, or an animal.
    - b. If you know someone is (or might be) getting hurt really badly.
    - c. If someone is hurting you really badly.

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- d. If I want to know some more ways I can help you.
  - e. If a judge asks me questions about you.
  - f. Sometimes, I might talk to your parent(s) about what we've been talking about. I tend to do this while we're together and I do my best to let you know what I will be telling them. Feel free to ask me more about this!
4. **I have to follow rules.** One rule is that I have to keep private many things you talk about. *Want to know some other rules I have to follow?*
    - a. I'm not allowed to give or take gifts or money from those I work with.
    - b. I have to keep brief notes about what I talk about in sessions. I keep these notes safe - in a locked cabinet in a locked office or securely online. If you want to know more, like how long I keep those notes for, please ask!
  5. **You can bring a guest to counselling** - for example, a friend, your sibling, or your parents. If a guest comes to your session, they will have to read and sign this handout too.
  6. **Is counselling only about talking?** No way! I might ask you to bring in music, art, or other things to help you express yourself, help us get to know each other a little bit more, and help you make changes.
  7. **If I do something or say something that hurts or scares you, please let me know how you feel.** Or, if this feels too hard, then please tell another adult, such as your parent.
  8. **How many times will you see me?** Great question! Make sure to ask me this when we meet. Sometimes, it might be for just one session, and other times it might be for many sessions.
  9. **You can ask me any question you want! ASK!** Just like you, I have the right not to answer, to say "I don't know" or "I will find out the answer"
  10. **You are not alone.** Sometimes you may need more support or want some extra help. Please feel free to reach out as there are resources available, including:
    - a. Calgary Connecteen
      - ➔ Confidential peer support service for youth. If you ever have a question, a problem or just need

someone to talk to, give us a call, drop us an email, send us a text or chat with us online.

➔ <https://calgaryconnecteen.com>

➔ call: 403.264.8336

➔ text: 587.333.2724

b. Kids Help Phone

➔ 24/7 e-mental health service offering free, confidential support to young people.

➔ <https://kidshelpphone.ca>

➔ call: 1.800.668.6868

➔ text: CONNECT to 686868

**Consent**

When I sign below, it means that I have read 10 Things to Know About Talking with Chris. It also means that I know I have rights and that Chris has to follow rules, including when not to keep some things private:

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Name (please print)

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Signature

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Date