

**Darlene Denis-Friske MA(CP), CYW, CYC(Cert.)**  
**Private Practice in Adult Counselling**  
**Primary Health Care Centre, Suite 158 - 346 John Street, K7S 2P6**  
**Email: [ddenisfriske@ymail.com](mailto:ddenisfriske@ymail.com)**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Method of Contact: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Number of Children: \_\_\_\_\_ Family Doctor: \_\_\_\_\_

Diagnoses / Medical Conditions \_\_\_\_\_

Current Medications: \_\_\_\_\_

I was referred by \_\_\_\_\_

Goals in coming to Counselling: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **General thoughts about counselling work:**

Counselling is an active and engaged process. It is emotional work and can be challenging and difficult as well as rewarding and empowering. The purpose of counselling is to provide individuals with:

- ... an opportunity to understand their emotions
- ... an open and accepting space to identify and discuss issues, and consider difficult dynamics and relationships (without judgement)
- ... a chance to develop more insight about patterns of behavior that might seem stuck or confusing
- ... suggestions and guidance to identify and consider the possible options available and goals in moving forward (however counselling does not provide people with answers of 'what to do', nor advice, instructions or directions)
- ... support in a productive process of forming an action-plan for moving forward that is established primarily by the client and meaningful to the client

### **Please read the following information about counselling with Darlene:**

- Counselling is **voluntary**, and I understand that I may discontinue at any time
- Counselling sessions will be 50 minutes long. Counselling sessions are \$100.00 per session, to be paid at the time of the appointment. A receipt will be provided. A client must seek their own reimbursement if they have insurance coverage.

