

# DAISY CHAIN

## C O U N S E L L I N G

### **Counselling Framework**

My goal is to support clients in gaining a deeper understanding of themselves, clarifying their problems, goals, and objectives, and identifying potential solutions. My services may include:

- Assessment and goal-setting
- Recommendations for ongoing counselling if needed
- Referrals and assignments, as appropriate

Whilst I strive to provide effective support, Daisy Chain Counselling Services does not guarantee specific outcomes. Clients are ultimately responsible for the decisions they make regarding their relationships and behaviours.

Spirituality can be incorporated into therapy upon request and with consent, aligned with the client's personal beliefs and practices.

### **Confidentiality & Privacy**

All discussions will be kept confidential. However, there are exceptions where confidentiality may not be maintained, including:

- Disclosure with client permission
- Situations involving serious harm to oneself or others
- Child abuse or risk of abuse
- Legal requirements, such as court orders
- Discussions during counselling supervision

### **Record Keeping**

The counsellor may take notes during or after sessions to monitor progress. These notes, whether physical or digital, will be securely stored and can be reviewed by clients upon request. Records will be retained by Daisy Chain Counselling Services for seven years from the date of the client's last interaction.

### **Discontinuing Services**

Clients have the right to discontinue services at any time. Similarly, Daisy Chain Counselling Services may choose to end the provision of services if deemed necessary.

### **Payments and Cancellations**

Payment in full is required upon booking to confirm your session. Cancellations made without 24 hours' notice will incur the session fee. For NDIS clients, invoicing arrangements can be coordinated with your plan manager.