

Adult Consent Form



Date

Name

Email

Phone

Main Concerns

Cautionary Information

The various modalities of Expressive Therapies may involve experiences, which can sometimes induce strong emotional and physical responses. Because of this, they may be incompatible with some medical conditions: for example severe mental illness, recent surgery, fractures or epilepsy. Please advise Jo if you are pregnant. Please feel free to discuss any concerns prior to the session.

Do you have a past history of, or are you currently suffering from any of the following?

- | | | |
|---|---------------------------------|-------------------------------|
| Abuse: physical, psychological, emotional, sexual | Current heart condition | Panic attacks |
| Allergies | Depression | Physical injuries |
| Anxiety | Diabetes | Psychiatric condition |
| Asthma | Epilepsy | Recent surgery |
| Bipolar Disorder | Headaches | Retinal detachment |
| Cancer | High / Low blood pressure | Suicidal thoughts or attempts |
| Cardiovascular disease | Mental illness | Stress related illnesses |
| Current communicable disease: eg HIV/hepatitis | Nervous disorders | Substance Abuse |
| | Osteoporosis | Trauma |
| | Obsessive compulsive behaviours | |

Do you suffer from any other major medical condition?

.....
.....

Have there been any changes to, or concerns with:

- | | | |
|---------------------------|------------|---------------|
| Anger | Depression | Relationships |
| Anxiety | Eating | Relaxing |
| Behaviour | Employment | Socialising |
| Communication with others | Fitness | Sleeping |
| Control of emotions | Health | Stress |

Into Blue Expressive Therapies
ABN 27 792 485 144

PO BOX 506 Cowes Victoria 3922 | Studio: 51 Harris Road Ventnor Victoria 3922
ablett@waterfront.net.au | 0417 078 792 | intoblue.com.au [intoblueexpressivetherapies](https://www.facebook.com/intoblueexpressivetherapies)

Adult Consent Form

Appointments

Please give adequate [24 hours] notice where possible if you are unable to attend your appointment. Forgotten appointments will incur 50% of the full \$140 session fee.

Psychotherapy / Counselling Sessions

To maximise the benefit of counselling and psychotherapy it is recommended that clients commit to a minimum of three consecutive sessions. Personal information will be treated with respect and confidentiality.

Consultation Fees

90 minute session: \$195

60 minute session: \$140

You are encouraged to contact Jo Ablett if there are any concerns following a session.

I agree to engage the services of Jo Ablett as a Counsellor / Psychotherapist using Expressive Therapies.

I have read the information provided about Expressive Therapies.

I agree / disagree to a follow up phone call / email from Jo Ablett to discuss my progress.

Name

Signature

Into Blue Expressive Therapies

ABN 27 792 485 144

PO BOX 506 Cowes Victoria 3922 | Studio: 51 Harris Road Ventnor Victoria 3922
ablett@waterfront.net.au | 0417 078 792 | intoblue.com.au  [intoblueexpressivetherapies](https://www.facebook.com/intoblueexpressivetherapies)