

Nexus Behavioural Health

Solutions for a better tomorrow!™

Traditional Talk Therapy Informed Consent:

Traditional Talk Therapies' history predates counseling itself. We are not aware of a specific time to which to attribute it. There are several types of talk therapy preferred by Nexus Behavioural Health. They are Existential/Humanistic, Cognitive Behavioural or Rational Emotive Cognitive Behavioural, Narrative, Metaphorical, and Psycho-education. What you put into talk therapy is generally what you will get out of it. Some increase in stress may occur with any new therapy or therapist. We expect some notable initial stress and a steady decrease of it with most of our clients.

In Existential/Humanistic Therapy, we actively listen to your experiences with unconditional positive regard. We listen without judgment or reservation of you or your circumstances. We just want to know you better so that you can benefit from being truly heard.

In Cognitive Behavioural or Rational Emotive Cognitive Behavioural Therapies, we actively listen to you. We help you to identify unhelpful thinking, feeling, or both patterns that set you back. Rational versus irrational beliefs may become a mainstay in therapy. We help you define life's contingencies you would like to change and help you develop a plan to do so.

In Narrative Therapy, we help you to become the active author of your life story. You may choose to revisit the past, work in the here-and-now, project your future, or any of the previous in combination.

In Metaphorical Therapy, we help you to develop a metaphor for what you are trying to work through. Then we aid you in exploring your metaphor and what its relationship to the rest of your metaphorical domain. The good news with Metaphorical Therapy is that you never have to tell us what your presenting problem is.

In Psycho-educational Therapy, we are here to provide you with the latest evidence based research on your topic of interest. We are also here to correct any misinformation. Psycho-educational Therapy is built into most of our therapies.

By signing this document, I agree that I understand both the risks and benefits associated with Traditional Talk Therapy. I also give my consent to the use of the following circled protocol(s): Existential/Humanistic, Cognitive Behavioural or Rational Emotive Cognitive Behavioural, Narrative, Metaphorical, and Psycho-education. I recognize that I may choose to withdrawal from them at any time but I cannot "erase" any experience once I have had it. I will notify my therapist if I should choose to withdrawal.

Name/Date

Signature