



## **Informed Consent Form**

For 1:1 Philosophical Counselling Sessions

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Get Philosophical SP understands that it is not easy to seek help with regards to emotional, philosophical or educational concerns. After signing this informed consent form and undergoing philosophical counselling you may be able to understand more about your situation and, with us, work on attempting to address any difficulties you may have. Let us start by filling out this informed consent form.

### **Article 1 - Philosophical Counselling**

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The prospective client, returning or otherwise/client acknowledges that the philosophical counsellor does not diagnose or treat mental illness, the philosophical counselling and philosophical counselling only aid in the self-reflection and critical self-analysis of persons experiencing difficulties which are of an ordinary or ubiquitous nature. Such as

but not limited to stress, anxiety, depression or grieving, are all things most people will experience and are not necessarily illnesses that need to be treated through mental health treatment or through the use of medications. As such, the philosophical counsellor and philosophical counselling may help people with problems/concerns of a similar nature to those listed above. If a person has an issue outside of what might be considered of an ordinary or ubiquitous nature, such as conditions of a neurochemical nature such as but not limited to autism, ADHD, bipolar disorder, schizophrenia or other such conditions which cannot necessarily be helped through changes in perspective or life-style changes solely or to put it another way, any condition which necessitates a particular style of mental health treatment or medical treatment (such as traditional psychotherapy or medications) is then not within the practice boundaries of the philosophical counsellor and is beyond the scope of philosophical counselling to help, and the client needs to be treated for mental illness by a mental health professional. As such, any such client will be referred away from philosophical counselling in line with the grounds for referral detailed below and in the “*Grounds For Referral Policy*” which will be provided alongside this form.

If at any time the philosophical counselling suspects that a client would not or would no longer benefit from philosophical counselling, then the philosophical counsellor may postpone or cease philosophical counselling with the client. See also the “*grounds for referral*” section of this informed consent form for more information, and/or consult the “*grounds for referral*” document directly.

Therefore, the prospective client/client acknowledges that they may be withdrawn anytime from philosophical counselling by the philosophical counsellor.

An explanation may be provided, but it is at the philosophical counsellors' discretion. Any philosophical counselling sessions that have not been provided but have been paid for in advance must be refunded to the payee within one month of the notice of withdrawal being formally served.

Notice of withdrawal from philosophical counselling will be formally served via email or letter. However, an informal verbal notice may be given in advance.

## **Article 2 - Disclaimer**

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Get Philosophical SP makes no guarantees that a client's, prospective or otherwise, problem(s) and/or concern(s) will be solved or alleviated or otherwise improved in any way. Philosophical counselling is a tool that when used properly may help a client, prospective or otherwise, with their problem(s) and/or concern(s) but this may not always be the case and as such by signing this document you accept that despite the efforts of the philosophical counsellor, any problem(s) and/or concern(s) presented may not improve.

### **Article 3 -Grounds For Referral**

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Grounds for referral are the circumstances under which the philosophical counsellor deems the problem(s) and/or concerns(s) of the client, prospective or otherwise, are no longer within the capabilities of the philosophical counsellor and/or philosophical counselling and as a result philosophical counselling sessions will be postponed or cease and the client will be referred to mental health services.

A person may seek and may be granted philosophical counselling in conjunction with treatment from a mental health professional on the condition that the client, prospective or otherwise, provides satisfactory evidence that the client, prospective or otherwise, is receiving appropriate treatment from a mental health professional. What constitutes satisfactory evidence and what constitutes appropriate treatment from a mental health professional is up to the discretion of the philosophical counsellor.

Even if suitable evidence is provided demonstrating that a client, prospective or otherwise, is in the care of appropriate mental health professionals, the philosophical counsellor maintains the right to refuse or postpone philosophical counselling at any time. Should the philosophical counsellor choose to cease or postpone philosophical counselling sessions, the client must be formally notified within one month of this decision being made via email or letter. However, the philosophical counsellor may endeavour to inform the client, prospective or otherwise, as soon as possible in an informal manner such as verbally.

Please note that the grounds for referral detailed in the “*grounds for referral*” document is by no means an exhaustive document for what constitutes grounds for referral. Its purpose is to help to inform a client, prospective or otherwise, about what can and cannot be addressed through philosophical counselling.

The philosophical counsellor maintains the right to refuse or postpone philosophical counselling services for any reason. The philosophical counsellor is not obligated to state the reasoning for refusing, postponing or ceasing philosophical counselling services, though the philosophical counsellor will usually endeavour to give an explanation.

In the event of the philosophical counsellor refusing or ceasing philosophical counselling sessions, any sessions which have been paid for and will now no longer be scheduled as a result of the philosophical counsellor refusing or ceasing philosophical counselling must be reimbursed to the payee within one month of formally giving notice of withdrawal.

Generally, the purpose of referral away from philosophical counselling is to safeguard both the philosophical counsellor and the client, prospective or otherwise, to ensure that the client, prospective or otherwise, is getting the best possible care from appropriate services.

There may be exceptions to the grounds for referral if it is mutually agreed between the philosophical counsellor and the client, prospective or otherwise, during the preliminary consultation phase of the philosophical counselling service then the philosophical counsellor and client, prospective or otherwise, may endeavour to explore philosophical counselling services which go against the grounds for referral. But this will be decided on a case by case basis, with express understanding of the scope of philosophical counselling and the capabilities of the philosophical counselling (evidenced by the signing of this document) and after express agreement has been reached between the philosophical counsellor and client before or during the preliminary consultation phase of the philosophical counselling service.

The “*ground for referral*” documents may be accessed for free on the “*Get Philosophical*” website at: [www.getphilosophical.com](http://www.getphilosophical.com).

The “*grounds for referral*” document should also be included/attached with this informed consent form. By signing this form, you acknowledge that you have access to the “*grounds for referral*” document and that you accept these grounds for referral.

## **Article 4 - Session Length**

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1:1 philosophical counselling sessions typically last 50 minutes; however, exceptions can be made if mutually agreed upon by the philosophical counselling and client. The client may, of course, choose to end a session earlier than the agreed upon time should they feel inclined to do so.

There are no limit or minimum requirements on how many philosophical counselling sessions are needed for a client, as this may depend on the individual progress of said client and this can be discussed with your philosophical counsellor.

Clients, prospective or otherwise, book sessions on a “pay as you go” basis. Note that, as per the payment policy detailed in the following section, Get Philosophical SP has a “no refund policy”.

## **Article 5 - Client/Philosophical Counsellor Relationship ✓**

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The relationship between the client, prospective or otherwise, and the philosophical counsellor, while therapeutic in nature, is strictly professional. Any other relationship, such as personal or sexual relationship’s between the client, prospective or otherwise and the philosophical counsellor within or outside of philosophical counselling sessions (including the preliminary consultation) may prevent or undermine the effectiveness of the treatment. As such, said relationships are strongly discouraged and may result in the cessation of services from Get Philosophical SP for the client, prospective or otherwise, and disciplinary action for the philosophical counselling which may include termination of their practice with Get Philosophical SP.

## **Article 6 - Confidentiality**

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Get Philosophical SP takes confidentiality very seriously. As such, we have a confidentiality policy, which is available on our website in the *documents* section under “*policies*”. We advise you to read this confidentiality policy (as well as all our other policies) before signing. However, the following is an abridged version of the confidentiality policy:

- Get Philosophical SP is a member of the information commissioner's office (I.C.O) and therefore adheres to their general data protection regulations (GDPR) (see *Article 8 - Data Protection* for more information).
- Get Philosophical SP will not share any information discussed in a philosophical counselling session unless deemed absolutely necessary
- Should it be deemed absolutely necessary to break confidentiality it will, wherever possible, be done with the clients' knowledge in order to preserve the therapeutic relationship as much as possible.
- When breaking confidentiality, Get Philosophical SP will only share necessary information with the appropriate actors/agencies.

## **Article 7 - Data Protection**

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Get Philosophical SP considers data protection to be a top priority as much as confidentiality. As such, we have an extensive *Data Protection* policy, which we advise you read (along with all our other policies) before signing this form. The following is an abridged version of our Data Protection policy:

- Get Philosophical SP are responsible for keeping your personal data secure in line with the general data protection regulations (GDPR) set out by the information commissioner's office (I.C.O) for which Get Philosophical SP is a member and therefore beholden to.
- Get Philosophical SP secure your personal data on a computer/storage devices (USBs/external hard drives/external solid state drives).
- Get Philosophical SP keep copies of legal documents relating to you (such as this informed consent form) indefinitely as evidence of the contract made between yourself and Get Philosophical SP.
- Get Philosophical SP delete your personal data once it is no longer needed, which is defined as anytime past 2 years since your last contact with Get Philosophical SP.
- Get Philosophical SP review all held client data annually in the month of January.

- Sometimes Get Philosophical SP conducts research with client data, but only with your express consent for us to do so. Without your consent, Get Philosophical SP will not use your personal data for research or academic purposes. By signing this form, you are *NOT* giving us consent to use your personal data for research or academic purposes.

## **Article 8 - Risks**

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Philosophical counselling can be difficult. It involves confronting personal issues and challenging beliefs, as well as learning about new ideas and trying to see things through different perspectives. In doing so, it is normal to feel uncomfortable, upset, distressed, frustrated, lost or confused. Because of this it is advised that clients, prospective or otherwise, take some time to prepare themselves before philosophical counselling sessions and wherever possible, take some time after the philosophical counselling sessions to “decompress”, Especially if the client, prospective or otherwise, intends on driving or doing skilled/dangerous/sensitive work after a philosophical counselling session.

It is recommended that if during the course of philosophical counselling sessions your (the client, prospective or otherwise) mood has become generally low either as a result of the topics being discussed or some other reason, even if the reason for the low mood cannot be identified, you (the client, prospective or otherwise) should notify your (the client, prospective or otherwise) philosophical counsellor so that appropriate measures can be taken either in the form of slowing down the pace of the philosophical counselling sessions, by taking time away from sessions or by discussing if other services (such as mental health services) might be more appropriate for you (the client, prospective or otherwise) at that time.

## **Article 9 - Advantages**

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Philosophical counselling can help to open one's eyes to new perspectives, challenge deeply held beliefs, cultivate critical thinking and empathy and expand one's mind generally in order to better oneself emotionally and mentally.

Sometimes the advantage of philosophical counselling can be as simple as having a place to vent and be heard and understood. To be honest with oneself in a safe and confidential space. To explore oneself deeply and analyse what one might find. Philosophical counselling is a place for you (the client, prospective or otherwise) to get to know yourself (the client, prospective or otherwise) as well as get to know more about philosophy and what it can offer and how to apply it in the real world.

## **Article 10 - Before You Sign**

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Before signing this document, you (the client, prospective or otherwise) are strongly encouraged to ask any questions you (the client, prospective or otherwise) may have to your philosophical counsellor or get in touch with Get Philosophical SP via email.

You (the client, prospective or otherwise) are also strongly encouraged to read through this informed consent form and the supplementary “*grounds for referral*” documents.

Get Philosophical SP appreciate that these documents are not brief. But they are necessary for the protection of both you (the client, prospective or otherwise) and for the philosophical counselling.

Get Philosophical SP encourages you (the client, prospective or otherwise) not to sign straight away while in the preliminary consultation, but to take some time to read through this informed consent form and the grounds for referral documents before signing. Please direct any and all questions to your (the client, prospective or otherwise) philosophical counsellor, who will be more than happy to discuss with you (the client, prospective or otherwise) any questions or concerns you (the client, prospective or otherwise) have about these documents.

If your (the client, prospective or otherwise) questions or concerns are particularly extensive, you (the client, prospective or otherwise) are welcome to request a further preliminary session, free of charge, with the philosophical counsellor. This extra session cannot be guaranteed but your (the client, prospective or otherwise) philosophical



counsellor will do their best to make time for you (the client, prospective or otherwise) as it is very important to Get Philosophical SP that you (the client, prospective or otherwise) are comfortable and fully informed before you (the client, prospective or otherwise) sign this document as your (the client, prospective or otherwise) consent and comfort are absolutely paramount to Get Philosophical SP.

## Questions

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For questions or concerns, ask your (the client, prospective or otherwise) philosophical counsellor before signing this form. You (the client, prospective or otherwise) may get in touch with Get Philosophical SP through this number: 07386609173

Or reach out via email at [chris@getphilosophical.com](mailto:chris@getphilosophical.com)

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If any provision of this Agreement shall be held or made invalid by a court decision, statute or rule, or shall be otherwise rendered invalid, the remainder of this Agreement shall not be affected thereby.

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## Consent

### Consenting Age

- I am above legal age (18+) and I hereby voluntarily give my informed consent to this agreement with full knowledge of my rights and obligations

### Consent

- I have been made aware that I am not obligated to sign this document straight away, and I have the right to take this informed consent form and its relevant supplementary documents (the grounds for referral documents) away and read

them in my own time before I decide if I want to sign this informed consent form or not

- I have read the contents of this *Informed Consent Form*, the *Grounds for Referral Document*, the *Get Philosophical Policies* which are all available on the Get Philosophical website (at [www.getphilosophical.com](http://www.getphilosophical.com)) and I fully understand the contents indicated therein
- I understand the confidentiality that is required by the philosophical counsellor to perform, as well as the limitations by which the philosophical counsellor should abide by law
- I understand my philosophical counsellors responsibilities as well as my rights, limitations, and responsibilities as a client
- I am aware that I can end my philosophical counselling anytime by informing my philosophical counsellor

### **Philosophical Counsellor's Consent**

- As the philosophical counsellor, I have explained to the client, prospective or otherwise, the relevant information contained in this informed consent form. I have given the client, prospective or otherwise, an opportunity to ask questions and I have answered the questions to the client's, prospective or otherwise, satisfaction.

**Client's Title:**

**Client's Forename:**

**Client's Middle Name(s):**

**Client's Surname:**

**Date:**

**Client's Signature:**

**Philosophical Counsellor's Title:** Mr

**Philosophical Counsellor's Forename:** Christopher

**Philosophical Counsellor's Middle Name(s):**

**Philosophical Counsellor's Surname:** Mountford

**Signature Here:**

A handwritten signature in black ink, consisting of the letters 'C.' followed by a stylized, elongated 'M'.

This draft of this document was produced on 01/11/2024