

Karen Mittet Narrative Therapy

karen@karenmietet.com

250.880.9363

Narrative Services Agreement

Introduction

This document is intended to provide important information regarding Narrative Therapy. Please read the entire document carefully to ensure you understand the services offered by Karen Mittet, MNTCW, BEd., BA.

Information about Karen Mittet

Karen Mittet has a Masters in Narrative Therapy and Community Work from The University of Melbourne in Australia. She offers Narrative Services based on her narrative studies, the education and supervision she receives.

Karen Mittet is not a licensed counsellor and does not diagnose or offer a medicalized approach in her work. Narrative Therapy cannot deal with mental health diagnosis. For issues such as these, people should see a Physician or Licensed Mental Health Professional in your location. By signing this document, you are agreeing that you understand the difference between a Licensed Mental Health Professional and the services Karen Mittet is offering, and that you will seek appropriate professional help for mental health issues, if necessary.

Please feel free to ask questions at any time about Karen's background, experience and professional orientation.

Fees and Insurance

The fees for service are offered on a sliding scale ranging from \$40 per hour up to \$75 per hour. Sessions are done over Zoom or the telephone, as Karen Mittet is offering a specialized service globally.

Since Narrative Therapy is not a medical treatment, insurance is not accepted.

Confidentiality

All information obtained in the course of Narrative Therapy is confidential. Karen Mittet Narrative Therapy must disclose certain confidential information as required by law or if the confidential information may put the client or others at risk of harm or compromise

their well-being. Karen Mittet Narrative Therapy may disclose confidential information without the consent of the client only as mandated or permitted by law. When possible, Karen Mittet Narrative Therapy informs clients about the disclosure of confidential information and possible ramifications before the disclosure is made.

Availability

Email or texting contact between sessions is welcome at karen@karenmittet.com or telephone 250.880.9363. Everything possible is done to assure email, internet and telephone confidentiality, but it cannot be guaranteed.

You may leave a message over the phone, email or text for Karen Mittet Narrative Therapy at any time.

In the event of a medical emergency or an emergency involving a threat to your safety or the safety of others, please call 911 or the appropriate emergency service to request assistance. Karen Mittet Narrative Therapy is not licensed to handle these matters.

The Narrative Process

All sessions will be held over the phone or via Zoom meetings. Karen Mittet Narrative Therapy's intention is to provide services that will assist you in your healing journey. Based upon the information that you provide and the specifics of your situation, Karen Mittet Narrative Therapy will provide thoughtful questions, will take detailed notes of your stories and write a letter back to you a few days after each session. This provides a continuation of the Narrative process. The therapeutic letter is a living document and changes can be made at any time, according to a person's individual experience.

Your signature indicates that you have read this agreement for Narrative services and understand its contents. Please ask Karen Mittet Narrative Therapy to address any questions or concerns that you have about the information before you sign.

Name of client

Date

Signature

