

MFT Solutions
Consent Form - Confidential

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Scope of Practice

I am a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. I am responsible to the College for my practice. You may confirm my registration, or contact them with any concerns you may have about my practice, by going to www.crpo.ca.

I have specialized training in couple and family therapy, through the American Association of Marriage and Family Therapy, and clinical hypnosis, through the American Society of Clinical Hypnosis. These organizations have codes of ethics to which I am also accountable.

Psychotherapy is primarily a talk-based therapy and is intended to help people improve and maintain their mental health and well-being. Registered Psychotherapists work with individuals, couples and families in individual and group settings. Psychotherapy occurs when the Registered Psychotherapist (RP) and client enter into a psychotherapeutic relationship where both work together to bring about positive change in the client's thinking, feeling, behaviour and social functioning. Individuals usually seek psychotherapy when they have thoughts, feelings, moods and behaviours that are adversely affecting their day-to-day lives, relationships and the ability to enjoy life.¹

I tend to use solution-focused techniques, designed to provide brief, positive changes to your thinking, feeling, and behaving. You should find this to be a positive experience, in that you should generally feel safe in my office, learn something new about yourself or your situation, and, over time, feel less stuck, more functional, and more hopeful. But psychotherapy sometimes uncovers painful thoughts, feelings and memories. You may become more upset after talking with me. This may be part of your healing. But you have the right to stop seeing me at any time. If you feel consistently worse after seeing me you should tell me so that we can do something different. This may involve trying a different approach, stopping therapy, or seeing a different therapist. I am committed to providing "best practice" care with you, and will refer you to another therapist if necessary.

Collection and Use of Information

The information I collect is used for your care and treatment, will be stored in a safe manner and will not normally be disclosed to anyone without your written permission. There are times when I am legally required to release information, including but not limited to suspicion of child abuse, potential for harm to self or others, reporting a health care professional who has sexually abused a client, or court subpoena of counselling records.

If you have any questions or concerns about the privacy of your personal information, you may ask at any time.

Fees

We will discuss the fee before we begin. Fees are due at the time of service rendered (credit, debit, or e-transfer).

Cancellation Policy

Your time is reserved for you. If you are unable to keep your next appointment, please give 24 hr notice, or if there is an emergency, notify me as soon as possible. Failure to keep a scheduled appointment may result in a cancellation fee up to the cost of the session, or refusal of further service.

¹ <https://www.crpo.ca/what-is-psychotherapy/>