

Barb Larkin, B.S.W., M.S.W., RSW
604-785-4359
barblarkin@shaw.ca
barblarkincounselling.com

A little about me...

I have been a counsellor in private practice (New Westminster) since 2010. I have worked for over 25 years as a mental health therapist and as a social worker providing support for individuals, family and group facilitation in community mental health, acute care, longterm care, and education settings.

I have a Bachelor and Masters in Social Work and am Registered with the B.C. College of Social Workers. I have a Certificate as an Education Assistant and a Diploma in Therapeutic Recreation. My professional development continues to include courses and workshops in a variety of topics and therapeutic modalities.

I chose counselling as a career because I have always enjoyed helping others. My experience with mental health issues comes from personal experiences, education and from a depth of experience working in mental health settings.

I use a variety of methods in my counselling practice such as Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Dialectical Behavioural Therapy, Short Term Therapy and Strengths Based Supportive Therapy. I have experience and training in Mindfulness and other forms of relaxation and breathing exercises.

Resource linking is important and I enjoy learning from clients what has been helpful to them. There is an abundance of good mental health information that is print and internet based.

I believe I must take care of my own physical and mental health to be of help to others. I am involved in ongoing professional development/education, enjoy a range of leisure activities and volunteer in my community. I find it helpful to see a counsellor for supervision and to access support as needed.

Session information:

If you are paying by PayPal or eTransfer and in the case of phone or video sessions I ask that payment be made prior to the session.

Currently my session fees are \$120.00 per individual session hour, \$140.00 for couples/family. Payment is requested at the end of each session by cash, cheque, credit or debit. Credit and debit cards are processed through a Square-up account. A receipt is provided which can be used for extended health plans and medical expenses. Registered Social Work fees are not covered by MSP but may be completely or partially covered by your extended medical plan and are considered a medical expense by the CRA.

A session is one hour in length. Longer sessions can be requested and rates are reflective of length. Please give **24** hours in the event of a cancellation/request to change an appointment. There is a high demand for counselling services, your time is reserved exclusively for you and therefore is not available to others.

Benefits and Risks of Therapy:

Therapy can help a person gain awareness and understanding about problems and acquire new ways of coping, develop interpersonal skills and change behaviour patterns. Therapy can contribute to an increase understanding of self and others and promotes wellness.

Therapy may stimulate memories and evoke strong feelings. Clients may feel worse before they feel better. This is especially a concern for clients with a history of trauma. Therapy is a process and it is important to discuss any concerns with your therapist.

There are benefits and risks regarding counselling through telephone and/or video. Clients are advised that the use of telephone and video allows for immediate access and scheduling flexibility while can be lacking in visual/auditory cues, delayed responses and potential technological failures. Clients are encouraged to turn off social media apps during sessions if using cellular devices.

Confidentiality and the Limits of Confidentiality:

I ask for basic client information and keep brief session notes. The storage and collection of this information is in compliance with PIPA (Personal Information Protection Act) and in accordance with the B.C. College of Social Workers guidelines.

Confidentiality is important and what occurs in sessions is considered confidential unless,

- You are a danger to yourself or others
- There is suspicion of abuse of a vulnerable person such as a child or elder
- Records are subpoenaed by a court order

Please sign below as acknowledgment of the information provided in this document and consent for counselling provision through face to face meetings, telephone or video counselling and communication via telephone, text or email.

I _____ understand and accept the above statements and agree to enter into a counselling relationship with Barb Larkin, B.S.W., M.S.W., RSW

Client signature _____ Date _____

I continually strive to be the best counsellor I can be and to have a practice that can meet the needs of clients. I am open to questions and contact from clients between sessions as necessary.

Thank you for taking the time to read this information and I look forward to our time together.

