



**Richard Sembera, M.Ed. (Counselling), RP, CCC**

361 Waverley St  
Ottawa ON K2P 0W4

(613) 859-9737 | [lightinextension.ca](http://lightinextension.ca)

## Consent to Psychotherapy

---

Psychotherapy is a collaborative process intended to support personal growth and emotional well-being. As a client of Light in Extension Counselling, your confidentiality, autonomy, and dignity are respected at all times.

Sessions are approximately 45 minutes in length and may take place in person or online. You have the right to ask questions, decline specific interventions, or discontinue therapy at any time. Information you share will be kept confidential, except where disclosure is required by law (e.g., risk of harm to self or others, abuse of a minor, or a court order).

The standard session fee will be discussed and agreed upon during the initial consultation. A sliding scale may be available for students or individuals with financial need. Payment arrangements vary depending on the frequency and structure of the work, and will be discussed individually. Fees are subject to change with advance notice.

If you need to cancel or reschedule a session, please provide at least 24 hours' notice. Missed appointments or late cancellations (less than 24 hours' notice) may be charged the full session fee, except in cases of emergency.

Please note that Richard Sembera does not provide emergency or crisis services. If you are experiencing a mental health crisis or feel unsafe between sessions, please call 911 or go to your nearest emergency room.

I acknowledge that Richard Sembera is a Registered Psychotherapist (#001817) with the College of Registered Psychotherapists of Ontario, and is authorized to perform the controlled act of psychotherapy under clinical supervision.

By signing below, I confirm that I understand the nature and limits of psychotherapy and consent to receive services from Richard Sembera, RP.

Client Name: \_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_