

Consent Form

What is this program all about?

At Blue Rein Ranch, we offer a blend of Mental Health and Equine Facilitated Counselling to help people heal from trauma and abuse, as well as cope with mental health concerns like anxiety, depression, ADHD, or grief. Spending time with animals provides natural healing. A certified therapist will use activities that integrate Equine Facilitated Counselling with evidence based counselling interventions.

Animals (especially horses) help people regulate an unregulated nervous system, and to restore the emotional-physical balance required for healing. They help people create new emotional pathways, and increase their tolerance for painful feelings. Broken and damaged attachment bonds are healed, allowing clients to trust again, form new attachment bonds with others, and move forward to live rich and meaningful lives.

This time that has been set aside for you. It is a time and place where you can engage in animal assisted interventions and learn some things about yourself and others.

So that you can better understand what this journey is going to be like, this package has been created for you. Please read and ask questions about anything you may be wondering about. We will give you a copy to read and we will also go through this package together. Once we've gone through and discussed it, we will ask you to sign that you have understood the information.

How will this help me?

Equine Facilitated Counselling may be helpful to you as it may clarify how you think and feel about issues in your life. It may also guide you in making changes in your life. For example, it can help you set goals and identify ways you can achieve them. But more importantly, it will help you to better understand yourself. You are the one most responsible for making changes in your life.

Risks involved

Participating in Equine Facilitated Counselling may change the way you view yourself because a big part of it is exploring your feelings about who you are and the things you've experienced. Hopefully, you will find the experience to be supportive, but there may be times that you feel somewhat challenged.

This can be a little upsetting for you and can make you feel somewhat anxious but it's important that you are aware that this might happen. In addition, as a result of some of the interventions, you might make decisions and feel things. It is important to recognize some of the thoughts and feelings you are experiencing so that we can talk about them and give you resources that might help you.

Additionally, since we will be interacting with animals, there are potential risks involved. Please ensure you have read and understand the waiver document.



Values Statement

As much as possible, your session facilitator will remain neutral in regards to personal values and beliefs that you may have. It is important for you to know, however, that there may be times that their values are in conflict with yours. This could be a hindrance to the process, and you will be informed this is happening.

Your facilitators

Marvin Vandenhoek has a Master's degree in Counselling Psychology from the University of Lethbridge, and is a Canadian Certified Counsellor. He has been working in counselling since 2010, with a variety of populations. He is a member of the Canadian Counselling and Psychotherapy Association and abides by its code of ethics. He has also been trained in Animal Assisted Therapy and Equine Facilitated Counselling Interventions.

Katherine Done is a registered Social Worker with extensive experience in the addictions field. She has a passion for both animals and helping people live their most authentic lives.

Jolayna Ahlskog is a practicum student currently completing her degree in Addictions Counselling.

Contact information

We can be contacted in the following ways:

Phone: 403-894-7302

Email: info@bluereinranch.ca

Website: www.bluereinranch.ca

Please limit information relayed via text messages or emails to things like appointment schedules or other administrative things.

How confidential is our time together?

Because your privacy is important to us, we take great care to keep things we talk about during our sessions private and confidential. We feel that this is an important part of the relationship between us because what you have to say is very personal and we want to respect your privacy.

However, there are a few exceptions where the law expects that we may have to draw in additional resources:

1. If you threaten to or are seriously harming yourself.
2. If a court orders us to provide information.
3. If we suspect abuse or neglect or you tell us about a dependent adult or child between the ages of 0 to 18 who is being abused or neglected or is witnessing abuse/neglect, we are required by law to report this information.



Record Keeping

Once you have agreed to engage in this program, files will be kept with some basic information. In keeping with my code of ethics, all files will be kept for ten years after the file is closed, and [OBJ][OBJ][OBJ][OBJ] then shredded. The contents of your file can be reviewed and discussed with you at any time. In addition, as your facilitators, we are also required to write down some things about our time together. This is mainly for us to track progress.

All client files will be kept in a locked, secure place that only trained staff (if you have given them permission) and us have access to.

Additionally, management or audit staff may also review some files for accreditation purposes. This is so that we can continue to better the service we are providing. There may be times that we would like to share some of your information with one of your family members if I think it may be beneficial for you. We will only do so with your permission. In order to provide you with the best service possible, we may need to consult with another facilitator regarding some of the things we talk about. We will not share any identifying information with them and will discuss outcomes of these conversations with you as well if it is applicable.

Counselling Rate

Regular rates for counselling and animal assisted therapy sessions are \$150/session. Invoices are emailed to the client. Sessions cancelled with less than 24 hours notice will still be invoiced to the client.

Other Privacy Concerns

There may also be times that our sessions will be recorded either in audio or video format. These recordings will only be viewed by our supervisors or other facilitators/trainees within this agency. The purpose of recording sessions is to make us better facilitators and in turn, make your time with us of more value to you. You will be asked to sign a separate permission form before this happens. If you do agree to this, you have the right to stop the recording at any time. Only staff hired by this organization and who have undergone privacy training will have access to appointment books and/or our day planner.



First Aid

By signing this form, you consent to Blue Rein Ranch staff administering first aid if necessary.

What do you need help with?

- | | |
|---|---|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Personal Identity |
| <input type="checkbox"/> ADHD | <input type="checkbox"/> Romantic Relationships |
| <input type="checkbox"/> Anxiety/Panic | <input type="checkbox"/> School |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Sexual Identity |
| <input type="checkbox"/> Eating/Body Image | <input type="checkbox"/> Social Relationships |
| <input type="checkbox"/> Family Relationships | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Financial | <input type="checkbox"/> Trauma |
| <input type="checkbox"/> Grief | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Homesickness | _____ |

Please identify your goals in attending counselling and/or animal assisted therapy:

Overview

▶▶ I have read this consent form, and felt like I had enough time to discuss it, ask questions and understand it.

▶▶ I agree to engage in animal assisted interventions and or therapy with _____ under the conditions outlined in this document.

▶▶ I agree to complete a short survey at the completion of this program.

Client Name (print)

Signature

Date

I, the facilitator, have discussed the content of this consent form with the client. My observations of this person's behaviour and responses show me that this person understands the nature of the interventions, the risks and benefits associated with it, and the contents of this consent form.

Facilitator's Name (print)

Signature

Date



Client Information

Name: _____ Age: _____

Parent/guardian: _____

Address: _____ City: _____ Postal Code: _____

Phone number: _____ Email: _____

How would you rate your horsemanship skills? Beginner Intermediate Advanced

Do you have any medical conditions that might be impacted by being around animals?

Yes No

If yes, please specify:

Please list any medications you are on:

Emergency contact:

By signing below, I consent that I:

- have correctly completed this document.
- or my children/dependents will engage in services at Blue Rein Ranch in a safe way as prescribed by the facilitator.
- have read and consent to the contents of the Blue Rein Ranch waiver.

Signature: _____ Date: _____

Photo release (optional):

I, _____, give Blue Rein Ranch permission to take photos of _____, for specific uses in print or online publications, bulletin boards, or general display.

Signature: _____ Date: _____