

INFORMED CONSENT

Dilyana Mihaleva - Positive Psychologist

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Psychological counselling is a process of interaction and collaboration that takes place under certain conditions. Please familiarise yourself with the following before we begin working together:

- Psychological counselling is a voluntary process of self-discovery and personal development. **The client participates actively and makes their own decisions** about their behaviour and actions in their personal and professional life. The psychologist's role is to support awareness, the exploration of different perspectives and informed choices.
- **Duration:** An individual consultation lasts 60 minutes. A consultation for couples and families lasts 90 minutes. Sessions take place in person or online, by prior arrangement.
- **Frequency:** The frequency of sessions is agreed individually according to the client's needs, the goals set and both parties' availability.
- **Lateness:** If the client is late, the consultation is not extended and ends at the previously agreed time.
- **Counselling for couples and families:** Sessions take place with the participants agreed in advance. If an individual conversation with one of them is necessary, its purpose and confidentiality arrangements are discussed beforehand.
- **Booking and cancelling a session:** Each session takes place at a time convenient for both parties and is arranged through prior discussion. If the client cannot attend a session, they are **required to give at least 24 hours' notice**. If the client does not give notice, **the missed session is payable**, as the time has been reserved and cannot be offered to other clients waiting for an appointment.
- **Duration of our work together:** The number of sessions is individual and depends on the topics, needs, goals and circumstances of the client. Progress and the need to continue are discussed during counselling.
- **The client is required to inform the psychologist** about past and present illnesses, whether they are receiving other forms of therapy or unconventional treatments, whether they are taking medication, and whether they have been hospitalised and for what reasons. **Psychological counselling does not replace medical or psychiatric care and does not include prescribing or changing medication.**
- **Results:** Results vary from person to person and depend on many factors, including collaboration, willingness to explore difficulties and applying insights in everyday life. No specific result or timeframe for achieving it is guaranteed. Discussing painful experiences may temporarily cause emotional discomfort, which it is important to share with the psychologist.
- **Confidentiality:** Information shared during consultations is treated as confidential. Exceptions may apply where disclosure is legally required or where there is a serious and immediate risk to the life and safety of the client or another person. Where professional supervision is necessary, the case is discussed without information that would allow the client to be identified.
- **First session:** The first consultation is devoted to getting acquainted and clarifying the client's current difficulties, needs and expectations. Possible goals are discussed and the suitability of the support offered is assessed.

- **Ending counselling:** The client may end the work at any time. It is recommended that this decision be discussed in advance and, where possible, that a final session be held to review what has been achieved and the next steps.
- **Referral to another specialist:** The psychologist may suggest ending the work or referring the client to another specialist when the client's needs require different expertise or when the work together is not sufficiently helpful. The reasons and possible next steps are discussed with the client.
- **Aim of individual counselling:** Support for personal growth, improving self-esteem, clarifying choices and personal boundaries, and coping with lack of motivation, stress, burnout and life crises. The work may also focus on building inner resilience, a sense of direction, meaning and fulfilment.
- **Aim of counselling for couples and families:** Improving communication, understanding recurring conflicts, building trust and closeness, and coping with crises and parenting challenges. The psychologist does not make decisions on behalf of the participants or determine who is right, but supports mutual understanding and finding constructive ways of communicating.
- **Work when separation is being considered:** Counselling can help partners understand their needs and the difficulties in their relationship and make a more conscious choice about its future. Preserving the relationship is not guaranteed. If a decision to separate is made, the work may focus on respectful communication and cooperation in parenting.

My approach: My work draws on positive psychology, with a focus on personal resources, conscious choices, communication and relationships. I support clients in recognising their needs, strengths and recurring patterns and in developing more resilient ways of coping. My approach is open and direct, with respect for each person's individual experience and pace. I create a space for honest conversation and exploring different perspectives, without providing ready-made solutions in place of the client's own decisions.

The aim is greater clarity, inner resilience and freedom in decision-making, as well as a more fulfilling relationship with oneself and others.

I have read and understood the terms. I have had the opportunity to ask questions and voluntarily agree to the described way of conducting psychological counselling.

Client - first and last name:

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Signature:

Second participant - first and last name, where applicable:

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Signature:

Psychologist: Dilyana Mihaleva

Signature:

Date: