



THE YIELDED CENTER

Counselling Consent Form

THANK YOU for choosing to begin this counselling journey. Counselling is a confidential, supportive process designed to help you explore your thoughts, emotions, behaviours, and experiences in a safe and respectful environment. The purpose of counselling is to provide you with clarity, emotional support, and practical tools that will assist you in personal growth, healing, and decision-making.

This consent form is designed to help you understand the nature of the counselling process, your rights and responsibilities, and the role of your counsellor. It ensures that you are fully informed about what to expect, including the limits of confidentiality, session structure, and ethical guidelines that guide this practice.

By signing this form, you acknowledge that you are entering counselling voluntarily and that you understand both the benefits and the possible emotional challenges that may arise during the process. You are encouraged to ask any questions you may have before signing, as your comfort, safety, and understanding are important.

Counselling works best when there is honesty, mutual respect, and open communication between you and your counsellor. Your wellbeing is the highest priority, and every effort will be made to provide a supportive and professional service throughout your counselling experience.

Viyambi



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PLEASE FILL IN AND SEND IT TO YOUR COUNSELLOR BEFORE YOUR SESSION

Client's Full Name: _____

Date of Birth: _____

Client Location: _____

Counsellor: **Ms Vanessa Ziyambi**

Type of Counselling: **Individual Counselling**

Purpose of Therapy.

The purpose of this therapy is to help you understand and address the challenges you are currently facing, with the goal of improving your emotional well-being, relationships, and overall mental health. The therapy process may involve discussing past and current life events, thoughts, emotions, and behaviours.

Nature of Therapy.

Voluntary Participation

You have the right to participate in or withdraw from therapy at any time without consequence.



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Confidentiality

All information disclosed during therapy sessions will be kept confidential unless required by law to disclose (for example, if there is a risk of harm to yourself or others). While the counsellor maintains confidentiality, you are also advised to do the same.

Risks and Benefits

Therapy may involve emotional risks, including discussing distressing experiences. However, it is also intended to bring positive change such as improved coping skills, emotional stability, and personal growth.

Therapist's Responsibilities

Your counsellor will:

- Provide a safe and supportive environment
- Respect your confidentiality (with legal limitations)
- Use therapeutic approaches suitable to your needs and goals
- Offer guidance, tools, and emotional support
- Walk this journey with you and remain available via email for questions or support between sessions



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Client's Responsibilities

As a client, you are expected to:

- Be honest and open about your thoughts and feelings
- Actively participate in sessions and any assigned exercises
- Communicate concerns or questions about the process
- Make payments on time unless otherwise arranged

Confidentiality and Legal Limits

Confidentiality may be broken if:

- There is a risk of harm to yourself or others
- There is suspected abuse of a child, elderly person, or vulnerable person
- Disclosure is required by a court of law

Session Format

All sessions are conducted online via Zoom, Google Meet, or WhatsApp Video. Physical sessions may be arranged when available and may carry an additional fee.

A signed consent form must be submitted **before** the first session.

Session Duration and Frequency

Each session lasts **1 hour and 15 minutes**, which includes 15 minutes for review and reflection.

Sessions are scheduled based on your needs and availability. The number of sessions depends on your progress and personal goals.



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Fees and Payment

Bookings can be made here, (click below):

<https://buymeacoffee.com/ziyambivanx>

Or by bank transfer:

Account Number: 10233478009

Account Name: CN Mbazo

Bank: Standard Bank

THE STANDARD FEE IS R500 PER INDIVIDUAL SESSION.

Only 50% refund can be issued once a booking is confirmed, as that time had been reserved exclusively for you. Clients may convert the fee into their local currency.

After each session, you will receive practical exercises and at least one follow-up check-in to support your progress. Your counsellor may ask you to write a review of the sessions. You may choose between mental health counselling, biblical counselling, or a combination of both.

Discounted Packages (Once-Off Payment)

- **2 sessions – R900**
- **3 sessions – R1350**
- **4 sessions – R1850**
- **5 sessions – R2300**

Group or relationship counselling enquiries must be made via email. These packages are designed for clients seeking consistency, deeper work, and greater value.



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Client Rights

You have the right to:

- Ask questions at any time
- Decline any therapeutic technique
- Request referrals or alternative services if needed

Acknowledgement and Consent

I have read and understood the information above. I have had the opportunity to ask questions and agree to participate in counselling under these terms. I understand that I may withdraw my consent at any time.

Client Name: _____

Signature: _____

Date: _____

MS. VANESSA ZIYAMBI

Certified Counsellor

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yieldedcwcenter@gmail.com

<https://buymeacoffee.com/ziyambivanx>

MEET YOUR COUNSELLOR