

# WHAT TO EXPECT AT THE .STUDIO

To Facilitate Informed Consent for Counselling and/or Art Therapy  
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## 1. CONFIDENTIALITY AND LIMITS

**What you tell us will remain confidential, with important exceptions.**

All notes and your private information are locked, coded, and encrypted and remain confidential except:

- Supervisors who are also bound by confidentiality.
- Risk of serious harm or death to self or others.
- A minor (ages 18 and under) in need of protection.
- When mandated by the court of law, e.g. subpoena

## 2. PROCESS

**You might feel better, or worse.**

The process of discovering and experiencing yourself takes work. We wish it were quick and easy for you, but it is fair to be upfront that it might feel bad or worse in some points of the process. For that reason, the process may typically seem slower than you wish. Please do talk to us about any concern.

## 3. WHY WE COLLECT PERSONAL INFO

We collect all participants' address, email, and phone number for two reasons: ethical practice and billing. The personal information is stored securely under encryption.

## 4. CONSENT IS MADE AND CANCELLED EVERY MINUTE

**It's our mutual goal to make sure you can say "NO" to us.**

Consent is priority. Experiencing is so rewarding and effective when you feel mastery over your own destiny. You are encouraged to say no to anything you don't want. You can consent one second and cancel it the next. You are in control, and it's our mutual job to make sure it actually happens throughout our work together.



PLEASE DO NOT HESITATE TO CONTACT US  
WITH ANY QUESTION ABOUT THIS FORM.  
INFO@EXPERIENTIAL.STUDIO

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## 5. FEES

**Fees are a part of consent.**



Fees are \$120 per a 60-min work or \$180 per 1.5-hour work. Currently the primary method we are using is interac to the counsellor directly, but please feel free to discuss an alternative method.

## 6. SOCIAL CONNECTIONS

**You have control.**



As you might already know, counsellors / art therapists are advised against providing services to their friends and family as well as becoming friends with the people they support. They will not request or accept social media connections, event invitations, and/or gifts.

## 7. ABILITY TO CONSENT

**You don't have to do this alone.**



If you have a guardian and either you or the counsellor / art therapist decide that the guardian's support is necessary or helpful in reviewing this sheet, their consent will be a part of the process. And you are welcome to involve them for any reason.

## 8. YOUR COUNSELLOR / ART THERAPIST

**You are meeting with: TAMAKI KANO [they/them]**



Tamaki is a Registered Clinical Counsellor (RCC), a Canadian Certified Counsellor (CCC), and a professional art therapist, grounded in trauma-focused training, decentring work, lived experience, and culture. They invite you to explore who you truly are and what you deeply want.



CONTACT INFO FOR YOUR COUNSELLOR + ART THERAPIST:  
TAMAKI@EXPERIENTIAL.STUDIO | 778 775 8565