

Life as Expressive Arts

Counselling and Psychotherapy



WELCOME!

Hello my name is Youki Kato and I am a registered Clinical Counsellor providing counseling and psychotherapy services in Burnaby.

Most likely this is not an easy decision for you to come to counselling. I want you to know that you have taken a very courageous and important step towards change. Counselling is a relationship built on trust. I have worked with a wide variety of clients including individuals, couples and families. Each of you is unique and therefore counselling should also be respectful of your own value and need. You might begin with one goal, and it can evolve over time. My primary responsibility is to ensure that you feel safe and comfortable in the therapeutic process. Whether you are working on your relationship, family, or any issues in life, together we will embark on a journey that is healing, fruitful, and meaningful.

BENEFITS OF COUNSELLING

Counselling can help a person to gain a new understanding about his or her problems and to acquire new ways of coping with and solving those problems such as anxiety, anger, depression, parenting or relationship concerns. Counselling can help a person to develop new skills and to change behaviour patterns. Counselling can contribute to an increased understanding of self and others.

RISKS OF COUNSELLING

While there are potential benefits to counselling, there is *no guarantee* of success and there are *potential risks*. Counselling may stimulate memories, evoke strong feelings, and changes in awareness may alter one's self-perceptions and ways of relating to others. A person needs to understand that the process of personal change can be quite varied and individual. Personal change may bring about unwanted and painful changes in self and in his or her relationships. He may have a negative emotional response to assessment/test results.

Areas of Practice

- Relationship
- Cross cultural
- Life transitions
- Depression
- Anxiety
- Trauma
- Grief and loss
- Self-esteem
- Anger management
- Parenting

Approaches

- Person centered approach.
- Psychodynamic approach
- Expressive Arts therapy
- Family systems (Satir)
- Mind/Body approach (based on Hakomi method)

Languages

English, Japanese

Contact

604.779.1555
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CONFIDENTIALITY AND LIMITS OF CONFIDENTIALITY

All communications with the counsellor and records about counselling sessions are confidential and may not be disclosed without your consent. Some exceptions are:

- If a child or an elder is or may be at risk of abuse or neglect, or in need of protection
- If the counsellor believes that you or another person is at clear risk of imminent harm
- If there is a court order such as a subpoena for the counsellor to disclose client report
- If there is any communication between you and the counsellor via phone or Internet
- Some information may be given to a third party (e.g. your insurance company or Employee Assistance Program) after you sign the release of information form

In the first two cases the counsellor is required to inform legal authorities and/or potential victims so that protective measures can be taken.

RIGHT AND RESPONSIBILITY

You have the right and the responsibility to participate in deciding the appropriateness of any particular way of working with the counsellor, so that you may further your own goals of growth and well-being. You have the right to accept or reject any task, exercise, or procedure suggested by counsellor. You also have a right to know of avenues of recourse in cases of disagreement on any aspect of the counselling relationship, to terminate the relationship to your satisfaction and to receive appropriate referral to other resources as needed.

If you have any questions or concerns about the nature of our professional relationship or what occurs during therapy and we have not resolved them together to your situation, you may contact the BCACC at <http://bc-counsellors.org/>.

EMERGENCY

If there is an emergency and the counsellor is away or cannot be reached, please call 911. Additional Emergency Plan:

FEES

The fees are in line with the Recommended Fee Schedule provided by BC Association of Clinical Counsellors. Please have payment ready at the beginning of the session.

Service Type	Session Length	Fee
Individual / Couple	50 minutes	\$140 / \$160 +GST → \$147 / \$168
Individual / Family · Couple	80 minutes	\$180 / \$200 +GST → \$189 / \$210

CANCELLATION

As there is a high demand for services, your time is reserved exclusively for you and therefore is not available to others. **24 hours** advance notice must be given for the cancellation of appointments. You understand that you will be charged **full amount of the session** if such notice is not given.

Feel free to discuss any of these policies with me. I am here to help you.

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