

## **Marti Miller MSW** Counselling, Clinical & Community Support

### **About Me**

My approach is humanistic and holistic; which means that I believe that while people may suffer and struggle, they have the inherent potential to maintain healthy, meaningful relationships and to make choices that are in the interest of themselves and those they love.

I am a licensed Social Worker with the OTSTCFQ and a recognized provider with NIHB

I have particular experience supporting people as they navigate: addiction, complex trauma, attachment wounds, burnout, and the persistent stress of our modern world.

I am queer, sex positive and body positive. I am a settler on unceded territory and am committed to the ongoing effort to decolonize my practice. I have worked with Indigenous communities over the last 25 years and receive regular supervision with Indigenous practitioners

### **Process**

Through counseling, we will work to identify and understand individual and relational problems, which may be impacting your personal growth, ability to communicate, and/or wellbeing. During sessions you will have many opportunities to express your understanding of the issues, your feelings and desires. I will be sharing my thoughts, perspectives and impressions as well. I will use an integrative therapeutic approach, which means I will draw from different theoretical tools depending on your values and needs. Counselling involves talking about difficult feelings, which can at times be challenging. We will check in about the counselling process as we go along so that this process is most helpful to you.

You are free to end your sessions at any time. However, it is beneficial to plan the ending so that we could review the work we have done and make a plan of what you can work on your own.

### **Technology**

We may decide to conduct our sessions online. In which case I invite you to read and sign my "online counseling consent" form.

### **Payment of fees**

If you are paying for your own session, the fee of \_\_\_\_ for a 60 minute session will be paid after each session by e-transfer to [martimillermisw@gmail.com](mailto:martimillermisw@gmail.com). A receipt is provided upon the reception of the payment. Note that receipts may be submitted as a medical expense for income tax purposes and are reimbursed partially or fully by insurance companies. For Indigenous people eligible for NIHB, I will bill through Express Scripts directly.

**Cancellation policy**

It is asked that you cancel your appointment 24 hours in advance by telephone or via e- mail. Last minute (less than 24hrs) are subject to full fee payment.

**Confidentiality**

All sessions are confidential. No verbal or written information will be disclosed without your written permission. However, there are exceptions to confidentiality:

- If you or your family members present danger to themselves or specific other persons
- If the information is subpoenaed by court
- If there is suspected abuse or neglect of a child under the age of 18 or any other vulnerable person

**Signatures:**

By signing below, I agree to abide by the information presented in this consent and authorization form.

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Location: \_\_\_\_\_

I agree that in the case of an emergency that the following persons can be contacted:

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

OTSTCFQ License # MILM2209260TS

Montreal, QC Canada

[martimillermmsw@gmail.com](mailto:martimillermmsw@gmail.com)