

Lucy MacDonald

Confidential Telephone Counselling and Consulting Services

514-223-1015

1-866-441-8909

lucy@lucymacdonald.com

Telephone counselling can be helpful if you are struggling with:

- Stress at home or work
- Burnout
- Sadness and grief
- Anger
- Divorce or separation
- Family or parenting issues
- Work-life balance
- Lack of assertiveness
- A personal crisis

Making the Decision

The decision to seek counselling is never an easy one. If I can be of help to you or someone you care about call today for assistance, information, or an appointment. You can also reach me via email at lucy@lucymacdonald.com

Counsellor Practitioner of the Year (2005)

Lucy is the recipient of the 2005 Counsellor Practitioner Award by the Canadian Counselling Association for “excellence in leadership as a practicing counsellor” and her involvement “both within and outside the work community to promote counselling”.

Credentials

- Master of Education – Counselling Psychology , McGill University
- Canadian Certified Counsellor * with the Canadian Counselling Association
- In private practice since 1998

Counselling Approach

I use a brief, solution-focused approach to help people cope with and manage a variety of life challenges.

Counselling Specialty

- Stress management
- Burnout recovery
- Anger Management
- Assertiveness training
- Divorce and separation
- Parenting Concerns



www.lucymacdonald.com

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Number of Sessions

You are not required to commit to a specific number of sessions – you are the best judge of what you need.

Telephone Counselling

Consulting via telephone is an alternative source of help when in-person sessions isn't possible or convenient for you. A telephone session saves you time, is more it is often easier to get a appointment than an in-persons session. Telephone sessions are especially useful if you are traveling. You can reach me at 514-223-1015 or 1-866-441-8909

Fees

Telephone sessions: 30 minutes (or less) \$45, 50 minutes \$90

Fees are in Canadian dollars and are payable in advance via PayPal on [Lucy's website](#).

Canceling Appointments

Appointments that are cancelled up to 24 hours prior to the appointment can be re-scheduled. There is a cancellation fee of \$45. If you schedule another appointment to take place within 48 hours the cancellation fee is waived. Appointments can be cancelled by phone and by email. The receipt of your phone message or email to cancel an appointment will be acknowledged.

Confidentiality and Records

Counseling often involves sharing sensitive, personal and private information. Ethical guidelines require that all interactions, including content of your sessions, your records, scheduling of or attendance at appointments, and personal progress are confidential. No one can have access to any information without your signed consent. Exceptions to confidentiality:

1. A client poses a clear and imminent danger to themselves or to someone else.
2. A client requests release of information.
3. A court orders release of information.
4. Clients raise the issue of their mental health in a law suit.

*** What is a Canadian Certified Counsellor?**

The Canadian Counselling Association (CCA) “identifies to the public, those counsellors who, through a process of credential evaluation, are judged qualified to provide counselling services.” As a Canadian Certified Counsellor I am required to continue to develop my expertise and adhere to a code of ethics. If you have any concerns about my professional conduct please call the Canadian Counselling Association at 1-877-765-5565.

