

Counselling and Psychotherapy Agreement

Please read the following carefully before signing below:

Confidentiality: Everything we discuss in our sessions together is confidential except:

1. Where, in my opinion, there may be a danger to yourself or to others, particularly a child (but I will inform you before passing any information on).
2. I am legally compelled to do so – where disclosure by law is permitted and required to protect my interests, or where disclosure is made at your request and with your written consent.

I will keep your data safe in accordance with GDPR regulations.

Frequency, cancellation and payment

All sessions are 50 minutes in duration on the same day and time. Payment is due 48 hours before each session by BAC's.

Short-term therapy - I recommend a minimum of 8 weekly sessions to work on a specific issue, with an agreed ending session. Payment to be made 48 hours before the session – missed sessions will incur the weekly fee unless a suitable alternative can be arranged at least 48 hours in advance.

Open ended, long term therapy - Open-ended therapy gives you the opportunity to work through what's been troubling you and process unconscious patterns established in the past, leading to long-term relief of difficulties. Counselling and Psychotherapy is a weekly commitment unless otherwise agreed – by allowing yourself a regular time and space each week, you are giving yourself an opportunity for self-improvement. The session time that we agree will be set aside just for you; therefore, I have the following charging policy:

You will not pay for sessions during my holidays or absence. The weekly fee is due at all other times (apart from four sessions per calendar year for holidays, emergencies etc.). Missed sessions (including holidays) will incur the full fee if a suitable alternative cannot be arranged in advance. In exceptional situations or emergencies I may need to cancel a session - you will not be charged, and I aim to give you at least 48 hours' notice.

Limits for Counselling

It is not acceptable to attend counselling sessions whilst under the influence of alcohol or drugs, or to harm yourself in any way during the sessions. I would need to be informed of any medication that you have been prescribed. I do not usually work with a client who is seeing another therapist. If you did see someone else, please let me know so that we can discuss it.

Code of ethics and complaints procedure

I am an accredited member of the BPC (British Psychoanalytic Council) and also the British Association of Counsellors and Psychotherapists (BACP) and I am fully insured. I work within their codes of ethics and guidelines and practice under UK law (regardless of the country that you are resident in). This is to ensure that you receive a good service and means that I am accountable to an industry organisation which has their own complaints procedure via their websites.

Agreement

I have read and understood the above information and agree to the conditions for counselling.

Name:.....

Signed.....Date.....