

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 length of sessions

Sessions are 50 minutes long; we will normally meet on the same day and time each week. If you did decide to stop coming for counselling, please let me know so an ending can be discussed and arranged. 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.

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

Payment

Payment is due 48 working hours before the date of the session.

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.....