

## **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.

### **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 I would like to be told and, if possible, for us to have an ending session(s). Counselling and Psychotherapy is normally 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 that fall during holidays that we have organised together in advance. Missed sessions will incur the full fee if a suitable alternative cannot be arranged in advance (I will be as flexible as possible but will need at least 48 hours' notice). 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.

### **Limits for Counselling**

It is not Ok 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 a member of the British Psychoanalytic Council (BPC) and the British Association Of Counsellors and Psychotherapists (BACP) and I am fully insured. I work within the BPC/BACP code of ethics and guidelines. 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 website.

### **Agreement**

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

Name:.....Date.....

Session Fee to be paid on the day of the session by card/Apple & Android Pay or cash