



Therapy Agreement

How I work:

I am committed to providing a safe, non-judgmental, reflective environment for people. I will listen very closely and do my best to help you to gain a deeper understanding of your own thoughts, behaviours and feelings.

The relationship we develop between us will provide the basis for our work together as therapy is a collaborative process. There may be times when counselling can offer a challenge to your thinking and your emotions and other times when the process may feel very fast or rather slow, this is natural and is also up for discussion between us.

We're both making a commitment of time and energy to each other in deciding to work together so it is important that we are honest with each other about how we feel it is going.

I have an approach to counselling that is relational, follows what feels important to you, and may involve expressive activities if that feels right. Therapy has the potential to change your life as it can promote healing, personal growth, and change if you are an active partner in the process. However, some wounds leave scars, even when we have worked hard to heal them.

Confidentiality & Records:

The content of the sessions is confidential unless I feel there is an immediate and real risk to you or somebody else. If I discover there is a need to communicate with other professionals, this will happen after first seeking your permission and knowledge of what is to be discussed.

I need to discuss how I am working with my supervisor and during these sessions I keep your identity confidential.

I make brief notes after a session and keep them securely for seven years and then delete them. I view protecting your confidentiality as a necessary and non-negotiable part of our work together, as does my professional Ethical Framework. There can, however, be legal and ethical circumstances that require any counsellor to break confidentiality. For example, there is a legal duty to disclose information when acts of terrorism are involved and when physical harm to a child has been or is likely to be caused. It is difficult for a counsellor to maintain client confidentiality in the face of a legal requirement to share information or a clear legal duty. However, wherever possible, I would discuss the possible need to break confidentiality with a client before doing so. If you think that things you need to discuss may enter this territory, please do talk this through with me.

Sessions & Fees:

Sessions will last for 50-55 minutes usually every week / fortnight to start with, depending on what we have agreed. The frequency can then be negotiated. We will review our progress regularly and agree whether continuing would be beneficial.

My fees are £50 per session. I offer one concessionary space per week for people who have a very low family income. Payment by cash or bank transfer at or before each session is accepted but I do not offer credit. My fees will be reviewed every year and may be increased annually.

Cancellation:

In any event of my not being able to be present for sessions because of training, holidays or illness I will give you as much notice as possible. I require at least 48 hours' notice if you need to cancel or rearrange a session.

Late cancellation:

You will be charged your normal fee for any missed sessions where I do not have 48 hours notice, as I am liable for charges when sessions are cancelled.

Ending:

We will review the work and our relationship regularly. The process of counselling isn't a quick fix and it takes courage to carry on through what may be painful or difficult territory, however, we can work together to ensure that the pace is neither too fast nor too slow.

Usually, you will know when you are ready to end counselling and together, we will find the way that feels right for you to do this.

PLEASE READ THIS DOCUMENT CAREFULLY.

Check that it is what we have agreed today. Unless you have any queries, these are our boundaries and ground rules, which will enable us to work together. If you wish to discuss or negotiate any changes, I will be happy to do so before you sign.

This agreement is fully understood and agreed to.

Signed.....Client Date

Signed.....Counsellor Date