

Counselling Contract

SESSIONS

Sessions will last for 50 minutes and are usually weekly. Where possible sessions are at the same time and the same day each week, experience shows that a consistency of time and place positively aids the therapeutic process; however if you have a difficulty in attending sessions at a fixed time please discuss this either during assessment or as soon as possible thereafter.

If you have to cancel a session please let me know as soon as possible. A minimum of **24** hours notice is required or the cost of the missed session will be chargeable. I would ask that you let me know of planned holidays or appointments as much in advance as you are able and I will do similarly. If I have to cancel a session for any reason you will not be charged.

CONFIDENTIALITY

Counselling sessions are kept in strictest confidence, there are however times when confidentiality may need to be broken. Should such an occasion arise; for example if you or someone else is at risk of being harmed, then I will make every effort to discuss this with you first. I also attend regular supervision in compliance with the BACP, (British Association of Counsellors & Psychotherapists), code of ethics. Your identity will however remain confidential and personal details will be protected.

I will be unable to work with you if you are intoxicated however the session charge will stand.

FEES

I charge a minimum of £40 per session. Long term counselling fees are subject to review. These fees are payable weekly.

ENDINGS

Where I offer open ended counselling we will have periodic reviews, however I will rely on you to let me know when you wish to end. It is usual to spend more than one session reviewing our time together at the end of counselling. In longer term work I would suggest several sessions to end. For short term work at least one session is required to 'end'. This can be reviewed, discussed with me.

As member of the British Association of Counselling and Psychotherapy we are bound by their Framework for Good Practice and subject to their complaints procedure.

SIGNED _____ PRINT _____