

The Therapy Agreement

This is a mutual agreement negotiated between the Therapist and the Client prior to the commencement of therapy. It sets out the responsibilities of the Therapist towards her clients, and also the client's responsibilities in the therapeutic relationship.

Session

- Sessions last 50 minutes, and occur weekly at the same time and day. We have agreed to meet at _____ every _____

Fees

- I operate a sliding scale according to your circumstances. In the initial session, we will discuss your circumstances and the appropriate fee. I review my fees annually.
- We have agreed the fee of _____ per session.
- Payment for your therapy sessions should be given to me at the end of each session.

Cancellations and missed sessions

- If you cancel a session with at least one week notice, there will be no charge.
- Cancellation of sessions with less than a week notice will incur the full fee.
- If I have to cancel a session, I will give you as much notice as possible.
- I will endeavour to give you four weeks' notice of any holidays I intend to take.

Confidentiality

- Everything that is discussed in the therapy session is kept in the strictest confidence.
- As an Accredited Registered Member of the British Association for Counselling and Psychotherapy, I adhere to their Ethical Framework.
- I undertake regular supervision to enhance the quality of my work. However, I will not disclose your details or anything that would enable you to be identified.
- In extremely rare cases, if there is a real risk to you or others, I may breach confidentiality. However, if such a decision had to be taken, we will discuss in the session.

Endings

- If you feel that you want to end the relationship, you may do so. However, it is important that you are able to discuss about the situation first.

Contact Outside of Sessions

- Email, text, or telephone messages will be monitored regularly but not continuously.
- I will endeavour to reply to your messages within one working day.