

COUNSELLING CONTRACT

Please read the following information carefully before giving consent and agreement. If there is anything that you are unsure about please ask before signing:

CONFIDENTIALITY

Everything we discuss in our sessions together is confidential except:

- If the client gives permission for confidentiality to be broken.
- If the counsellor is required by a Court of Law to reveal information.
- If there is a disclosure of issues relating to fraud, trafficking or terrorism.
- If the counsellor believes the client or another person could be in danger of significant harm.
- If a child or young person under 18 is at risk.

Supervision sessions are to allow me to gain support and guidance in my work and to check that I am working ethically and competently. When I discuss the work that I am doing with you, I will only refer to you by your first name (if this felt okay for you, otherwise we could find an alternative) and any other distinguishing details will be altered to keep your identity anonymous.

FREQUENCY, CANCELLATION AND LENGTH OF SESSIONS

Sessions are 50 minutes long. We would normally meet weekly, however that can be altered to fortnightly or monthly as sessions progress. We will review the work that we are doing regularly, giving us both a chance to assess how the relationship is working out. If you did decide to stop counselling before hand, if possible, I would like for us to have an ending session.

I will require 48 hours' notice in advance if you can't make a session, or as soon as possible in exceptional circumstances. I will follow the same procedure if I need to cancel a session too. Sessions cancelled within 48 hours will be charged.

LIMITS FOR COUNSELLING:

It is not okay to attend counselling sessions whilst under the influence of drink or drugs or to harm yourself in any way during the sessions. I would need to be informed if you are prescribed any medication.

I do not usually work with a client who is seeing another therapist, if you did see someone else this is something that I would need to know about and that we could discuss it.

CODE OF ETHICS AND COMPLAINTS PROCEDURE:

I am Accredited member of the National Counselling & Psychotherapy Society (NCPS) and Accredited Member with the BACP and all work within the Ethical Framework set by both Society's. This is to ensure that you receive an excellent standard of service and means that I am accountable to a higher national organisation and must work within their guidelines. They have their own complaints procedure.

AGREEMENT

I have read and understood the above information and agree to the conditions for counselling as made clear to me.

Signed.....

Date.....