

## Client – Therapist Agreement

The points below have been discussed between myself and my therapist, I understand them and agree to work with my therapist within the terms of this agreement.

### Ethical Framework

My therapist abides by the British Association for Counselling and Psychotherapy “Ethical Framework for Good Practice in Counselling and Psychotherapy”, a copy of which is available on request.

### Confidentiality

Information and details of sessions are confidential. This confidentiality **does not cover** the following:

1. Where I have reason to believe that you may cause serious injury or harm to yourself or to another individual
2. Where I have reason to believe that someone, especially a child, is at risk of harm
3. Disclosure of terrorist acts, drug and human trafficking and /or money laundering
4. Where I am legally compelled to do so

Where possible, my therapist will always inform me first if any information under the above points occurs and the action the therapist will take.

### Length of sessions

Therapy is offered for 50 minutes on a weekly basis. Myself and my therapist will review the counselling every six weeks in order to determine how the counselling is going, and contract to more sessions if deemed appropriate.

### Finances

Therapy is £80.00 per session and must be paid by cash, cheque or bank transfer on the day of the session.

### Cancellation of a session

I will need to give a minimum of 48 hours' notice if I am unable to make a session by either calling, texting or emailing my therapist. If this amount of notice is not given, the session will still be charged for.

### Counsellor Holidays

Holidays will be notified to me 4 weeks ahead.

### Crisis outside the counselling session

I am not available outside the agreed session hours. I will discuss with you any emergency services you may need.

**Client Signature:**

**Date:**

**Counsellor Signature:**

**Date:**