

# RACHEL BUCHAN

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## PSYCHOTHERAPY

### 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**

Counselling is not available outside the agreed session hours. Following a discussion, you will be provided with any emergency services you may need.

**Client Signature:**

**Date:**

**Counsellor Signature:**

**Date:**