

RACHEL BUCHAN

PSYCHOTHERAPY

Client – Therapist Agreement

The points below have been discussed between you (the client) and me (the therapist), you understand them and agree to work with me within the terms of this agreement.

Ethical Framework

I abide by the National Council for Integrative Psychotherapists “Code of Ethics”, 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, I will always inform you first if any information under the above points occurs and the action I will take.

Length of sessions

Therapy is offered for 50 minutes on a weekly basis.

Review & Termination

I will review the counselling after six weeks to determine how the counselling is going, and contract to more sessions if deemed appropriate. You can choose to end therapy at any point but agree to let me know if you wish to do so. I may withdraw services at any time, and in that situation, I will provide you with a reason (s) why. If possible, I will refer you to another therapist and you accept that I will share appropriate data about you to that therapist.

Finances

Therapy is £85.00 per session and must be paid by cash, cheque, or bank transfer on the day of the session.

Cancellation of a session

You will need to give a minimum of 48 hours’ notice if you are unable to make a session by either calling, texting, or emailing me. If this amount of notice is not given, the session will still be charged for.

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: