

CONTRACT

Regularity

Sessions are 50 minutes, mostly once a week, at a regular time agreed between us. If you arrive late, the session will still finish at the end of the arranged 50 minutes.

Cancellations

If you are unable to attend a session please let me know at least 48 hours in advance. If it is possible I will re-schedule the session for a time that is convenient for both of us. If not, the fee for the missed session is payable in full.

Holidays

I take holiday breaks at Easter, Christmas and during the summer for one month. I will give notice of these days in advance.

Should you take a holiday outside of these times and it is possible to re-schedule the session/s for a time that is convenient for both of us, I am happy to do so. If not, the fee for the missed session/s is payable in full.

Confidentiality

The sessions are completely confidential except under three circumstances:

1. If I believe you are at risk of harming yourself or others, I reserve the right to break confidentiality in order to prevent harm. However, I would only do this in extreme circumstances and would always discuss it first with you before taking any action.
2. From time to time I will discuss my work with a clinical supervisor, this is standard practice for psychotherapists at all levels of experience and ensures that standards are maintained. My supervisor is bound by the same code of ethics and confidentiality as I am.
3. If required by a court of law to give evidence (e.g., in criminal proceedings).

Ending Therapy

Where our work extends beyond eight weeks, I recommend that we have at least three weeks' notice of ending to allow us a proper conclusion. If at any point you decide you want to end therapy, please talk to me about this in the sessions, rather than by telephone or email.

Ethical Framework

I abide by the code of ethics of the UKCP and the BACP.

Drinks/Mobiles

No smoking, drinking or eating allowed during sessions (with the exception of water). Mobile phones should be turned off.

Signature Print name Date