

Client: Please ensure that you take time to read carefully these terms which will form the contract between client and practitioner. By continuing to attend any session beyond the initial 30 minutes assessment, you agree and accept these terms as laid out below in full.

Therapist Agreement

I hereby agree to provide therapy session/s to support the above client by providing psychotherapy based assistance, I agree to treat all Clients in an ethical manner and use my training and experience in the best way possible in order to help them to overcome their issues. It is recommended that progress towards client objectives are reviewed after the first 4 session then at regular intervals where it will be mutually agreed to continue if agreed useful and appropriate by both.

All information given by the Client will be treated as highly confidential by the Therapist and written notes will be destroyed within twelve weeks after treatment is concluded.

I agree to be bound by the code of ethics as described by the British Association for Counselling & Psychotherapy.

Client Agreement

As the client you agree to pay the following fees upon attendance with the Therapist: Our standard Session Fee of £55.00 for the first 50 minute session (or part thereof), then at £10 for each 10 minutes immediately following the first 50 minutes. Discounts maybe available for advance payment of multiple sessions. Concessions may be offered and confirmed in writing.

You accept that 48 hours' notice should be given in the event of cancellation by the Client. If sessions are cancelled within this time, a full charge of a standard Session will be incurred unless the therapist agrees otherwise to waive the fee in part or in full.

As the client you agree to attend all sessions with the exception of the above-mentioned paragraph. By not attending without giving suitable notice to the Therapist, you as the client will pay the full standard Session fee.

In the event that as the client, decide to cancel all future agreed sessions you will notify the Therapist at least one week in advance.

You agree and fully accept that there is no guarantee that your problem(s) will be 'cured' or 'resolved' and that success is dependent on your willingness to work with the therapist and yourself to achieve the desired outcomes. You understand that as part of the treatment process issues can worsen before they show signs of improvement; you understand that the therapist can only provide suggestions and not medical or formal advice, when following any such suggestions doing so is your choice completely.

Limits of Confidentiality

In the counselling sessions, everything you disclose will remain confidential with some possible exceptions:

- If you reveal you intend to harm yourself or another person.
- If you reveal that a child is being or is in danger of abuse.
- If the counsellor is compelled to reveal information by a court order.
- If you reveal you are a member of a terrorist organisation – it is a requirement of law under The Prevention of Terrorist Act 1989 that this is reported to the police.
- If you reveal you are laundering money from the sale of drugs – this must be reported to the police.

This list is not exhaustive, for example.

The counsellor may discuss your session during their regular supervision to gain advice, to ensure good practice is maintained and/or explore alternative options for therapy – at no stage will your identity be revealed to the supervisor.

As a BACP (British Association for Counselling and Psychotherapy) member, we are bound by BACP's Code of Ethics and Practice and its Complaints Procedure. Regarding confidentiality, the BACP states that counsellors must offer the highest possible levels of confidentiality in order to respect the client's privacy and create the trust necessary for counselling. However, in exceptional circumstances, where there are good grounds for believing that serious harm may occur to the client or to other people, and / or where there are good grounds for believing that the client is no longer willing or able to take responsibility for his / her actions, confidentiality may be broken.

In the event of any concerns about any of the above exceptions, the session will be stopped. This will be discussed fully with the client in the hope of reaching mutual consent for the course of action or disclosure to take place.

Finally, to remind you there is no 100% guarantees for either Internet or telephone security.

By attending at least one session, you agree to be bound by these terms of business and commit to working positively towards a therapeutic resolution.

Note:

1. In the event of needing to cancel a session please do so by sending an email to hello@wellbeingpractice.co.uk or call/text to 07711 929139.
2. Should you cancel within 48 hours of your appointment, please ensure that you send your payment using the link provided upon cancellation.