



Client – Therapist Agreement

This written agreement helps to define what our way of working together will be over the period of therapy. The aim is to help you understand what is involved with the therapeutic process and the therapeutic relationship, so that you are well informed and know what to expect from the very beginning. We can also use the contract as a guide, if needed, as the work progresses.

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 **WILL BE BROKEN during the following:**

1. Where my therapist has reason to believe that I may cause serious injury or harm to myself or to another individual.
2. Where my therapist has reason to believe that someone, especially a child or a vulnerable adult I am in contact with, is at risk of harm.
3. Disclosure of terrorist acts, drug and human trafficking and /or money laundering.
4. Where my therapist is legally compelled to do so.

Where possible, my therapist will always inform me first if any of the above situations occurs and the action the therapist will take.

Data Protection.

The practice is registered with the Information Commissioner’s Office as a Data Controller and operate within the General Data Protection Regulations. I have rights under Data Protection law. For further information about my rights, I can contact www.ico.org.uk.

Length of sessions

Therapy is offered for 50 minutes on a weekly basis or as agreed. My therapist and I will review the sessions every six weeks in order to determine progress, and contract to more sessions if deemed appropriate.

Finances

All therapy sessions are prepaid. Prepaid sessions are not refundable or transferable.

Cancellation of a session

I will give a minimum of 48 hours' notice if I am unable to make a session by calling, texting or emailing my therapist. Failure to give 48 hours' notice, will result in the session being charged for. If I fail to attend 2 consecutive sessions without notice, no further appointments will be offered and no refunds will be issued. I will give at least one week's notice if I need to change our agreed and ongoing session time or day.

Therapist Absence and Holidays

Holidays will be notified to me with as much notice period as possible. I will be notified of any absence and I will not be charged

Crisis outside the therapy session

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

Client Signature:
Print Name:

Date:



Psychotherapist Signature:
Print Name: Tolu Aigbogun