

Counselling agreement

As your therapist I will be working within the rules and code of ethics produced by the British Association of Counsellors and Psychotherapists. Counselling is a professional relationship. I will be unavailable other than at agreed session times. I am unable to offer advice on practical situations or Legal issues.

To ensure a safe working environment I will agree with you the date, time and place of your next session if required. Normally the same time and on the same day each week. Sessions last for 50 minutes. Note taking can be at any time during the session, at the end of a session or other suitable time. You are able to see these notes at any time during a session. Notes and details will be held separately by me securely, notes will be kept anonymously and disposed of after seven years.

Average therapy sessions are between 6 – 10 sessions but will be determined by you. We will regularly review the progress of therapy to make sure the therapy received is beneficial and is working for you. Please give at least one weeks' notice of finishing therapy.

When we have agreed on a session time this is reserved for you and will not be allocated to anyone else. This time, unless changed in advance, will be held for you until you finish therapy.

It is important to maintain therapy continuity, if missing an appointment is unavoidable please call me to give as much warning as possible.

If I have to change appointment times or days or I am going away, I will give as much notice as possible.

Our session will be confidential unless:

- You give me permission to talk to another professional about you.
- I am compelled to disclose by a court of law.
- I believe you or others, especially children are in real and immediate danger.
- I believe Terrorist activity; drug trafficking or money laundering is being carried out.

If you have any concerns about your counselling, please contact the British Association of Counsellors and Psychotherapists on 01455 883300.

Following the BACP code of ethics I am in supervision while counselling, this means during every month some of what I have discussed may be taken to supervision to ensure my continued effectiveness and professionalism.

Fees - Unless otherwise agreed, on the second session I will ask for fees for that and the last session so that the week before we finish all financial arrangements will have been completed.

I have read and accept this agreement:

Name

Address

.....

Telephone.....

Mobile.....

Starting and continuing therapy will confirm your acceptance of these terms.

Simon Tyler BA (hons) Registered MBACP Humanistic Counsellor.

07968374947

goodshedcounselling@btinternet.com