ONLINE AND TELEPHONE COUNSELLING CONTRACT COUNSELLING APPROACH

In a friendly relationship of acceptance, respect and non-judgement, I hope that we can work together so that you can feel accepted for what you are feeling, and build in yourself a new strength and clarity of vision, to face the road ahead, stronger and more aware of yourself and who you are and what your values are, and what you want to change or accept. We will be working together on finding ways to make progress and move forward. We must recognise that I'm not here to give advice or as a helpline. However, I can be here to talk to you and to provide you with online counselling or telephone counselling and to walk with you.

ETHICS AND CODE OF CONDUCT

I am a fully qualified Integrative Psychotherapist and member of the British Association for Counselling and Psychotherapy (BACP). I work within their ethical framework for good practice in Counselling and Psychotherapy. A copy of the ethical framework for good practice in Counselling and Psychotherapy can be found on the BACP’s website at http://www.bacp.co.uk/ethical\_framework/.

CONFIDENTIALITY Everything you share with me will be treated as highly confidential. However, the exceptions to this would be the following: - In accordance with the (BACP), I am required to undertake regular supervision with an appropriately qualified and experienced therapist/supervisor. For this purpose, I may disclose some details of our work to my supervisor, but this does not require the name of the client. - I may be legally or ethically obliged to break confidentiality, for example where I consider your welfare or the welfare of others to be seriously at risk. Wherever possible, I will consult with you before breaching confidentiality.

DATA PROTECTION I have used due diligence and taken time to check that electronic platforms used are GDPR compliant and I try extremely hard to make this process secure, but it is your decision as a client to use their services and to read their terms and conditions. As required by the General Data Protection Regulation (GDPR) any electronic material with your personal details will be kept in devices which are password-protected.

SESSIONS Normally we will meet online through the secure Zoom platform or via telephone at a regular time for the 50-minute counselling hour. Total privacy will be provided from here and the session will require you to have privacy for yourself in a quiet room.

FEES AND MISSED OR CANCELLED APPOINTMENTS

Fees are due before the appointment by BACS (Sort code 04-03-33) (Account no 46592279) made payable to The Growth Room Limited, with your own name as reference) My fee will be £50 per session. My normal fee will be charged for non-attendance or cancelled sessions unless you can give me at least 48 hours’ notice. Wherever possible if I need to cancel an appointment with you, I will give you at least 48 hours’ notice.

ARRIVING LATE OR TECHNICAL PROBLEMS If you arrive late for a session, I will not be able to extend the session beyond the allocated time. This is because other clients would be affected. However, I also understand that it can be difficult for technical reasons to connect sometimes online. I will do my best to adjust to any delay because of this, within reason, due to technical problems at either end, but I need to be mindful of the next client who needs their session at the designated time. If you are unable to get online you might want to leave me a text message on 07907324035 and I will do the same for you on the number, you have provided should I not be able to get online temporarily. If necessary, we may need to either continue the session via telephone or reschedule the session, should we continue to have technical difficulties.

ENDING COUNSELLING Normally the ending of the counselling contract would be by mutual prior agreement and will draw to a natural close as the sessions go on. However, you have the right to end your counselling at any time. I would appreciate if you could let me know if you felt you would like to end the sessions and that will be no problem. I understand and agree to the terms and conditions of the above contract.

Client name: Client signature:

Therapist name: Therapist signature: Date: