



The Counselling Contract

This is a mutual agreement negotiated between the counsellor and the client prior to the commencement of counselling. It articulates the responsibilities of the counsellor towards the client, also the client's responsibilities in the counselling relationship. Below is a copy of the counselling contract for your information:

This contract is between Ali Anderson (Counsellor) and XXXXXX(Client)

Client Address:	_____

	_____ Post Code: _____
Phone Number(s)	_____
GP/Surgery:	_____ Tel: _____
Next of Kin:	_____ Tel: _____

The Counsellor:

I offer supportive, compassionate, non-judgmental, confidential, yet proactive Counselling in a warm, comfortable, private setting Face to face or Zoom. I mainly work from a Integrative perspective which means that I believe in the individual's ability to grow and develop in the way that is best for them. However, I am use other approaches to counselling and RTT Hypnotherapy and have found that many problems have their

roots buried in past experiences. I have a flexible and warm approach that is focused on client growth.

Confidentiality:

Everything that we discuss in the counselling session is kept in the strictest confidence. As a Registered Member of the BACP (British Association of Counsellors and Psychotherapists), I am required to have regular supervision and I may need to discuss our work with my supervisor from time to time. However, I will not disclose your name or anything that would enable you to be identified. If there is convincing evidence that you intend to harm yourself or others, I will need to break confidentiality by informing your doctor, or in serious cases the police, again this would only take place with your prior knowledge. Also in line with confidentiality guidelines there should be no contact between client and therapist outside of counselling sessions. I will keep brief notes after a session, which will be securely stored in accordance with GDPR Legislation and there is no way you would be able to be identified from the notes. Notes are kept for 3 years again in accordance with BACP suggestions.

Exceptions to Confidentiality:

- 1. If you threaten to seriously harm yourself or another person**
- 2. If a child or protected adult is at risk of harm or abuse**
- 3. If instructed by the courts to provide information**
- 4. If you share information about a proposed act of terrorism or other illegal act**

Sessions:

Last for around 50 minutes, and we will usually meet once a week, though this is negotiable. If your circumstances change and the session time is no longer suitable, I will do my best to accommodate this and offer you an alternative time. Sessions will not take place if the client is under the influence of alcohol or other mind-altering substances as this masks our true self and is not beneficial to the counselling process. Please do not arrive too early for appointments as there is nowhere to wait.

Fees:

My fee is £50 per session . Weekends are £55.

Payment options:

Payment for each session is to be received via cheque, cash or bank transfer.

Zoom/Telephone clients are asked to pay via bank transfer before the appointment time.

Bank Details

████████████████████
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Cancellation and Holidays:

Cancellation of an appointment with less than 24 hours notice, or failure to show for an appointment, will incur the full fee. Appointments missed because you are ill and you have given me 24 hours notice, or because you are on holiday are not charged for. I will give you as much notice as possible if I am unable to make a session and will try to offer you an alternative time.

Duration of Counselling:

The duration of the therapeutic process will depend on the type of difficulty or problem the client is facing. Some people prefer to work with an open contract, whereas other people prefer to work with a fixed number of sessions. It is generally recommended that a minimum of six sessions is required and in most cases, every six sessions the counsellor and client will review the therapeutic process together. This helps to assess whether the client’s needs are being met and, this will also help (if required) to carry out the necessary adjustments and/or establish new goals.

End of the Contract:

Indications and signs that the therapeutic process is coming to an end: recovered inner balance, greater confidence in oneself, capacity to make decisions and face situations when previously feeling overwhelmed, being in touch with one’s own resources and strength. The client may not have met all the goals at this point, but feels more confident to achieve them independently, and overall, wellbeing has increased. Sometimes the client may feel that counselling is not helping, it is best to discuss any difficulties first rather than abruptly end counselling. This could evoke a sudden-loss experience that would not have the opportunity to be understood and resolved. In such circumstances the counsellor asks that the client give one week’s notice before ending counselling to have the chance to discuss the decision and to complete the process adequately. The client is always in charge of the decision to continue or stop counselling and will not be under any pressure to continue at any point.

This agreement is fully understood and agreed to and is signed as it stands by:

Name: _____

Client: _____ Date: _____

Name: Ali Anderson Ali Anderson (Counsellor).

