

# Therapy Contract

*Please read the following carefully. I am happy to discuss any of the points below.*

## Confidentiality

Confidentiality is essential to therapy and it is your right as a client. However, for ethical and legal reasons, there are some limitations:

- By law, I have to report information related to terrorism, drug trafficking, the proceeds of crime, money laundering, the abuse of children, road accidents, female genital mutilation, and activities that might be classed as serious crime.
- If I believe that a child is at risk of harm, I can be expected to breach confidentiality.
- If I believe you might harm yourself or someone else, I may make appropriate contact. If possible, I will discuss this with you first.
- I have regular supervision; as in all professional discussions of my work, confidentiality is preserved by client anonymity and the avoidance of identifying information.

## Payment and cancellations

The fee for a 50-minute session is £45. I offer a number of places at a concessionary rate of £30 for those not currently working (please ask about availability if this is your situation). I ask for contactless payment for in-person sessions and I will send an electronic invoice to clients seen remotely.

To avoid being charged for a booked session, please give 24 hours' notice when cancelling or rescheduling. Notice can be given by email or text (my contact details are at the top of this page).

## Availability

I check for and respond to messages between 9am and 5pm, Monday to Friday.

## Professional membership

I am accountable to the British Association for Counselling and Psychotherapy, and I follow their ethical guidelines (available at [www.bacp.co.uk](http://www.bacp.co.uk)). Any questions, concerns or complaints can be directed to me or to the BACP.

**Third-party funding** – If someone else is paying for your sessions, please give their name here and they will be contacted with information for payment. (Please let me know in writing if this arrangement changes.)

*I confirm that I have read, understood, and agree to the above.*

\_\_\_\_\_  
**Name (please print)**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**