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Social contract between the therapist and client/client couple

This is a social contract between the therapist and client/client couple that outlines terms and conditions of work and administration and safety procedures. Whilst counselling and therapy are generally recognised as beneficial, it must be realised that this may not be so in every case.

Professional training

I hold a Foundation Certificate and Postgraduate Diploma in Psychotherapy & Counselling, and a Diploma in Sex and Relationship Therapy. I am a Registered Member of the British Association for Counselling & Psychotherapy (BACP).

Professional ethics

I work to the BACP Ethical Framework for Good Practice in Counselling & Psychotherapy. Copies of these documents are available on request. There are procedures should you wish to make a complaint about me or my conduct whilst working alongside you. I hold current professional liability insurance.

Sessions

The time and location of all sessions will be pre-booked. Sessions are usually booked either weekly or twice a month. Sessions will last for one hour and the fee is payable either in advance or at the time of the session.

If you cancel a session with less than 48 hours notice then you will be liable to pay the booking fee for the room. If you cancel a session with less than 24 hours notice then you will be liable to pay the full fee for that missed session.

In order to avoid delays and inconvenience to other clients, lateness on behalf of the client/client couple will be deducted from the time allocated for that session, at the discretion of the therapist.

As a client/client couple you will be expected during the session not to commit any physical harm to yourself or others, which includes the therapist, or cause damage to the furniture or fittings. If this should occur then the therapist will be in a position to terminate the contract with immediate effect. Clients will agree not to come to any sessions whilst under the influence of non-prescribed medication or alcohol if the impact of this would prevent the client and therapist using the time effectively.

Fees

I charge a reduced £40 fee for assessment sessions. Fees for subsequent sessions are £50 for individuals and £60 for couples.

A minimum of 24 hours' notice is required for cancelled appointments, otherwise the full fee is payable.

Fees are subject to annual review and non-payment of fees may result in legal action being taken. I offer a discount to students and to a limited number of clients on low incomes.

Supervision

I will regularly review the progress of the therapy session with each client/client couple. I discuss aspects of my work with a professional supervisor who is accredited with BACP. If any details are taken about your situation and shared with a professional supervisor or at peer supervision, all effort is made to ensure that your anonymity is protected.

Notes and taping

All records will be maintained in accordance with the Data Protection Act. The records are the property of the therapist and will be retained for 8 years. After this time they will be destroyed. I have made arrangements for destroying this data in the event that I may be unable to do so. Should I wish to tape a session, I will first obtain written permission from the client/client couple. Any tapes remain the property of the client/client couple.

Confidentiality

All sessions will be conducted in the strictest confidence. There is seldom a need to breach confidentiality, but it may be necessary to do so in the following rare circumstances:

- 🕒 When the client gives their consent for the confidentiality to be broken;
- 🕒 When the therapist is compelled to by a Court of Law;
- 🕒 If, in the therapist's opinion, the client is a danger to themselves or others, particularly a child. In this situation the therapist will first discuss the intention to reveal information with the client. If the therapist is not able to discuss this with the client the therapist will inform appropriate agencies for the protection of the client and anyone else involved. If an agreement cannot be reached between the therapist and the client, the therapist may still choose to breach confidentiality in the interest of harm reduction;
- 🕒 When the client discloses involvement in terrorist activities or non-reported involvement in Road Traffic Accidents;
- 🕒 In a situation when a complaint has been made and the therapist is required to provide evidence of his practice.

Conflict of Interest:

There may occasionally be circumstances when an unexpected conflict of interest comes to light during a course of therapy with a client/client couple. If this situation occurs it may not be possible to provide full details as to why the therapy has to terminate. If this should happen I will do all I can to ensure the client/client couple is not left unsupported.

As a client/client couple of this therapist, your commencement and continuation of therapy indicates that you have read and understood all the information detailed in this contractual agreement and that you agree to abide by the terms and conditions outlined therein.

Therapist signature

Client signature(s)