



**BRAD CHARTERIS** MBACP, Adv. Dip. Couns.

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## COUNSELLING/THERAPY CONTRACT

Counselling offers the client a way in which they can explore their feelings and problems in a safe, therapeutic environment free from blame or advice.

Below are terms of the contract for Counselling, which your counsellor will discuss with you during your assessment session. Please ask your counsellor for clarification.

Below are terms of the contract:

1. The counselling session will last for 50 minutes.
2. If the client is late for the appointment, the session cannot be extended.
3. The first session is used as an opportunity to clarify the client's reason for coming and to take some personal history and details.
4. The fee for the initial assessment session will be £20.
5. The fee for each further session will be £30 during the day, and £37 after 5.00pm.
6. If you are unable to keep an appointment then please give the Centre at least 24 hours notice.
7. The full fee will be charged for missed appointments where there is no notification and for sessions cancelled with less than 24 hours notice.
8. The service offered is confidential and brief notes are kept during therapy.
9. Your therapist attends a BACP Accredited Supervisor on a monthly basis.
10. If the therapist believes you are seriously suicidal s/he will contact your G.P.
11. If you give the therapist reason to believe that you are causing, or will cause, either yourself or other people, or their property harm then s/he will contact your GP (or take the appropriate action).
12. If you are not happy with the counselling/therapy then please contact the ACCP in the first instance, and the B.A.C.P if the matter is not resolved to your satisfaction.

Clients Signature:

Client Name:

Counsellors Signature:

Counsellors Name:

Date:

Client Reference: