

Client-Counsellor Agreement Form

It is essential that I explain to you what is on offer, so we both know what we are agreeing to when we begin the counselling journey together. I have tried to keep this in simple terms and focused on being clear and open with you about what you are agreeing to. If there is anything you are not sure about or have any questions, please let me know.

My approach is “client-led” and I rarely offer direct advice. I believe the answers to your questions and thoughts lie within you. My focus will be to help you find them. I will do this by using open questions and observations as well as reflections. Occasionally, where appropriate I might gently challenge you and offer different perspectives to help you see you for yourself the pattern of your thinking, feeling and behaviour. By doing this you will be able to make choices about changing the things you would like to change.

Confidentiality

Your therapy sessions remain confidential between us. I adhere to the [BACP \(British Association for Counselling and Psychotherapy\) Ethical Framework for Good Practice](#). When working with my supervisor I will ensure your identity remains anonymous. The only time I may need to break our confidentiality agreement is if I think you may be in danger of harming yourself or someone else, or if you express intent to break the law. However, where possible, I would seek to discuss these issues with you first.

Online Security

I would recommend that you use a password protected computer and a private email address when working together online. I will ensure that I do the same.

Our relationship is a professional one. As such, I do not accept nor do I seek out friend requests on social network sites. As previously mentioned, the therapy sessions remain confidential. I will never share any content from our sessions in social networking sites and would ask you to do the same.

Session Fees

Sessions will be for **50 minutes** weekly unless agreed otherwise. I charge **£55 per session**. Payment can be made by bank transfer for counselling. If paying by bank transfer please ensure payment clears before the session. I offer concessions for students, trainee counsellors, low income, refugees and the unemployed. [Please feel free to contact me for details.](#)

Cancellation Policy

If you cancel an agreed counselling session – face-to-face or online – more than **24 hours** before the session there will be no charge for the missed session. However, if you cancel your appointment less than 24 hours before the session you will be charged the full session fee.

Unforeseen Circumstances

If I am unable to attend a session or respond to an email in a timely manner due to illness or, perhaps, technical issues, I will send you a brief text message to explain and to arrange a different session time. Similarly, if you experience any technical difficulties or illness please get in touch as soon as possible to let me know.

Ending the counselling sessions

The number of counselling sessions required is totally unique to each client. For some people their journey is quite layered and they may choose to be supported for many months and sometimes years. For others, that may have a very specific issue they want help with, it may be a number of weeks. Some clients, after working through their core challenges, chose to continue to have counselling (perhaps not every week) as a part of their overall wellbeing. You can end the counselling sessions at any time. Ending is an important part of the process, with opportunities for further learning and I encourage clients to make it a collaborative process and one where you feel supported and ready to move on from counselling sessions

Emergency requirements

If you feel you are in immediate crisis with your mental health, please get in touch with your doctor or emergency services in your area. Alternatively, you can contact the Samaritans online or on 116 123. If you are a resident outside the UK you can call Befrienders Worldwide - <https://befrienders.org> - or call on 02 648 40 14. It is a very useful crisis support website which can direct you to a helpline in your country

By signing below, you are stating that you have read and been given a copy of this document, as well as the opportunity to clarify any questions you have pertaining to this document. Your signature also indicated that you agree to the above policies regarding services conducted by Empowering Therapy LTD.

Name: _____

Date: _____