

The Bristol Therapist

Contract

Confidentiality

Our sessions together remain strictly confidential within the following limitations:

- I take my work to clinical supervision. This is standard practice and helps me work as well as I can with you
- If I believe you are at risk of harming yourself or others, I reserve the right to break confidentiality in order to prevent harm. However, I would only do this in extreme circumstances and would always try to discuss it with you first before taking any action
- If required by a court of law to give evidence (e.g. in criminal proceedings)

Fees & Frequency

My fee is £45 for a 50 minute session. This can be paid in cash or cheque during the session, or by electronic bank transfer. Payment is usually made one session at a time. If you prefer to pay on a monthly basis, this can be arranged.

We will meet on a once-weekly basis.

Initially, we will meet for a trial period of 6 sessions. At the end of this time, we will review our work and decide whether or not to continue.

If we decide to continue, then we will meet for a period of 13 sessions. At the end of this time, we will review our work and decide whether or not to continue.

In the case of on-going therapy with no pre-agreed end date, we will continue working for periods of 13 sessions, reviewing at the end of each period. This allows us to review our work on a quarterly basis.

Cancellations

If you need to cancel a session, then please give me as much advance warning as you can. I charge the full session fee for cancelled sessions. If I need to cancel a session at short notice, I will attempt to contact you by phone. I do not charge for sessions I have cancelled.

Holidays

I charge the full session fee for sessions missed due to holiday. I make an allowance of one non-charged holiday session per 13 week period. This carries over to the next period

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if you don't use it. Over the course of a year, this allows for four non-charged holiday sessions.

I will provide you with at least four sessions notice of my own holidays, and do not charge for sessions missed owing to my absence.

Termination of Therapy

If you decide to finish therapy at the end of our trial period, then the review session will usually be our final session. We can agree an additional ending period if this feels appropriate to the work.

If you decide to finish therapy at the end of a standard period, then I suggest we agree an ending period that feels appropriate to the work we have done.

If you decide to finish therapy at any other time, then I request four sessions notice. If I decide to end the therapy, then I will endeavour to give you as much notice as possible.

Ethics

I adhere to the ethics of the United Kingdom Council for Psychotherapy, and the Sherwood Psychotherapy Training Institute; copies of these are available on request.