

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

My fee is £65 for a 50 minute session. My preference is for this to be paid online 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.

My bank details for online payment are:

Sort code: 40 14 13

Account no: 83829227

Frequency

We will meet on a once-weekly basis.

In the case of ongoing therapy with no pre-agreed end date, we will usually review our work on a roughly 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 quarter (13 weeks). This carries over to the next quarter if you don't use it, up to a maximum of 4 non-charged holiday sessions.

This allows for 4 non-charged holiday sessions per year in ongoing therapy.

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.

Ending Therapy

If you decide you want to finish therapy at the end of our trial period, then we will usually discuss this in the review session, and agree to ending at the 6th session. We can agree an additional ending period if this feels appropriate to the work.

If you decide to finish therapy at any other time, then I request four sessions notice. In the case of longer term therapy, a longer ending period usually feels more appropriate, and is something we would agree based on your needs at the time.

Ethics

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