AGREEMENT & INFORMATION FOR NEW CLIENTS

**CONFIDENTIALITY**

Please note I do not share any details or anything you tell me in our sessions with anyone else with the exception of if you were to tell me that you were considering self-harm or harming another person. In that rare circumstance, of profoundly serious risk, I would endeavour to check with you before disclosing that information to a GP or relevant professional.

As with all professional counsellors, I discuss my caseload at regular Supervision with more senior professionals who also abide by strict codes of ethics. Clients are safeguarded as I never disclose full names or any details by which anyone could be identified.

**PROFESSIONAL FEES**

For appointments in Bicton Heath, Shrewsbury and online I charge £55.00 per individual 60 minute session, £60.00 for couples counselling and £80.00 for 1 ½ hours. I accept cash, cheque or bank transfer. I charge for my services to meet the professional costs of liability insurance, membership of accrediting bodies, the need for continuous professional development and supervision but I can occasionally offer a concessionary rate for clients in hardship, so please feel free to enquire.

**ETHICAL FRAMEWORK**

I abide by the code of ethics of the **BACP** (British Association of Counselling and Psychotherapy) and the **Institute of Psychosynthesis** (where I trained and qualified). I am accredited with both the **BACP** (113277) and the **NCS** (National Counselling Society), (NCS17-04532).

**CANCELLATIONS & ENDINGS**

Should we decide to work together, I will require appropriate notice should you need to change or cancel a session. **Ideally, 48 hour’s notice but 24 is sufficient**. Otherwise, I reserve the right to charge for the missed session.

If you feel that you want to finish your counselling at any time, I always suggest that we have a minimum of one final session to tie up any loose ends and be sure that this choice will work for you. It is important that you are feeling good in yourself and able to move forwards with your life and your goals. I will never upsell you into more sessions than you want to have; the choices remain yours throughout.

**STARTING COUNSELLING**

If this all feels right for you, please sign and date below. ***This is our agreement to start working together***.

Client Date

Counsellor Date

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