



MENTE
P S Y C H O T H E R A P Y

GENEVIEVE ROSS | PSYCHOTHERAPY CONTRACT

Dear _____

Please read this **carefully**. If you agree with the conditions, we will both sign this contract, and it will form the basis for our consultations.

Professional information

I adhere to the Code of Ethics and Professional Conduct set out by the British Association for Counselling and Psychotherapy (BACP)

Confidentiality

All consultations will be conducted in the strictest confidence, and this confidence will be maintained, and applied to any and all records, in accordance with the Data Protection Act, except in the following instances:

- 1) Where the client gives consent for the confidence to be broken.
- 2) Where the therapist is compelled by a court of law.
- 3) Where the information is (to quote the Code of Ethics set out by BACP) of such gravity that confidentiality cannot be maintained'.

This usually means a situation where the therapist considers the client an imminent danger to others or themselves.

In the second two cases, I would always attempt to speak to you first before breaking confidentiality.

Therapeutic Principles

The therapeutic relationship is based on trust and mutual respect, guided by the client's developmental process. The main purpose of the therapeutic conditions – set time, set fee, ethical framework and so on – is to create and maintain a safe space in which to facilitate this development. The conditions help to create an environment conducive to consultation. The boundaries are set according to the professional organisations I trained with as well as my experience of what works best for my client.

The therapeutic relationship is designed for the growth and development of the client. I see it as my professional responsibility to inform the client if it does not seem to me to be working for their benefit, or if it ceases to do so.

Sessions, payment, cancellations and holidays

We will normally meet once a week, at the same time where possible. It is sometimes appropriate for the sessions to be more or less frequent than this.

Therapy tends to work to the extent that there is commitment and regularity in the arrangement on the part of both client and therapist.

The session time is 50 minutes, and the fee per session will be €70/£65 I work with the condition that you will pay the full fee for any session that is missed, or cancelled less than 48 hours in advance. Pre-payment or payment directly after the session is required. We will agree an appropriate way for you to pay me at the end of the first session.

I will give you advance notice of an increase in fees. This will happen or at least be reviewed, every January. Sessions are at regular agreed times. It is not normally possible to rearrange them at short notice. I will do all I can on my part to ensure you are inconvenienced as little as possible through missed or delayed appointments. I will inform you in advance of any weeks I am away on holiday or for professional reasons and will give as much notice for any cancelled sessions where possible.

Length of therapy

The therapeutic process may be for an agreed length of time to begin with, but is usually a long term commitment.

We will start with an initial six session period. At the end of this, we will evaluate the situation and decide on how to proceed. We will either set a specific period for the therapeutic process, such as 3 months, six months, etc or we will (more usually) leave the contract open-ended. During the period of therapy, we will have regular review sessions on an approximately six-monthly basis.

You may conclude the therapy at your discretion and in compliance with contract terms. An onward referral can be arranged where appropriate.

I reserve the right to vary these contract terms from time to time, in which case I will endeavour to give good notice and time for discussion.

Client

Client's name (please print)	
Signature	
Date	

Therapist

Signature	
Date	