

Counselling agreement 2023 Dilys Stinson

I am primarily using Google meet and it usually works well. I will email you a link, and at the session time we will meet. If for any reason that fails, FaceTime or Skype are possible. Last resort is telephone.

Most of my clients attend sessions weekly. The regularity provides continuity to our work together and supports the development of a therapeutic relationship. At about 4-6 weeks, we should have a review, about how you are feeling about the sessions, and confirm that you would like to continue. My fees are £70 for individuals, (50 minute, session), and £120/hour for couples sessions, of 60 minutes.

Payment is by BACS transfer, and I would ask you to make the payment **BEFORE** the session . If possible, it is good to put a date with your reference. Most banks allow you to do this.

My bank details: Metro Bank Acct 13514868, sort code 23.05.80

Please give me a minimum of 48 hours notice for cancellation, **otherwise I charge the full fee**. I understand for those who have last minute work commitments, or are feeling ill, that this is a challenge, but the slot you have booked cannot always be taken by someone else at short notice. If I am able to offer you an alternative time in the same week, I will only charge for the session attended. If I have to cancel, of course I will not charge you.

Your sessions are confidential, however I do discuss my client work with a professional supervisor and experienced peers. All are bound by a professional code of practice of confidentiality. I take your GP details. I will not contact your GP without your consent, unless I have a good reason to do so, which would be that I believed you were in danger of seriously harming yourself, or others. I would endeavour to discuss this with you first. Any notes I have taken will be kept for 7 years , and then shredded. I am registered with the Information Commissioner's Office (ICO) and adhere to their requirements on data protection. I keep your contact details and brief notes securely, and would only break confidentiality if required to do so by law (court subpoena). I do not take part in any of the social media, and so will not be able to accept any invitations to connect.

I think it is important that endings (as far as possible) are planned. If things get difficult in therapy it is natural to want to leave. Should this happen I will encourage you to talk to me about it. When the time is right, we will agree an ending date together. Should I be taken ill, a colleague may contact you to advise you. My code of ethics and professional conduct are laid down by the National Counselling Society. The work to which this contract relates is subject to English law. Please ask me if anything isn't clear. This is sent with a *Tips for Online Therapy* sheet .

+44 7985252791

dilys.stin@gmail.com

Please sign electronically and return _____

Signed by me electronically _____ Dilys Stinson