

The Therapy Agreement – Anxiety Tame

Client Agreement

This therapy contract is between you and your therapist, Rebecca Papp. Please read through it carefully as it provides information about the practical side of coming to therapy. Upon your signature (or by attending the sessions) the document will be a binding agreement between the two of us. Feel free to ask any questions if you are unsure about any of the points below. Any therapeutic relationship is a two-way process and I aim to provide a non-judgemental and safe environment, where you feel able to discuss any concerns you may have.

Confidentiality, supervision and note keeping

Therapy often involves the disclosure of sensitive and personal information, so confidentiality is paramount. In order to protect your right to privacy, the things you disclose to your therapist will remain confidential within the guidelines of the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

All practitioners are bound by the professional code of conduct as defined by their accrediting organisation, which includes responsibility to manage your information confidentially and in line with GDPR. As a fully accredited member of the BABCP, I am bound by their code of ethics, confidentiality and conduct (please see www.babcp.co.uk for more information).

There are a few situations in which I may consider breaking confidentiality without your consent, but I would always attempt to speak to you beforehand. This is a very rare occurrence, but it is important that I point these out:

- 1) Where the therapist is compelled to do so by a court of law.
- 2) Where the information is of such gravity that confidentiality cannot be maintained. For example, in the case of disclosure of risk or where I consider a client or anyone else to be in imminent danger.

Supervision - therapists are required by their professional bodies to have regular supervision sessions where they discuss aspects of their clinical work. They do not reveal individual identities during these sessions and supervision itself is confidential between therapist and supervisor.

Record keeping – all therapists are obliged to keep notes on your sessions. These tend to be brief and help to keep track of themes covered in therapy. Notes are kept anonymously and separately to your personal information (which is kept in a locked safe).

Therapy sessions and cancellations

Therapy sessions typically run for 55 mins and generally take place on a weekly or fortnightly basis. It is also possible to come for less frequent, 'top-up' sessions if we feel it is appropriate. Please help me to adhere to therapy boundaries by keeping therapeutic matters to your session. Therapy is often a private matter, so if we meet outside of the

session, I will not attempt to acknowledge you unless you indicate that you are happy for me to do so.

Cognitive Behavioural Therapy is an active process and not just talking about your problems and feelings. You may be signposted to appropriate online literature and provided with worksheets or techniques to practice outside of the session. Practicing them in between sessions is always beneficial. You don't have to do that of course, but the more practice you do, the better you will feel in the long term.

Fees and payments

Sessions cost £50 each. If you agree to continue with therapy after your first appointment, I would ask you to pay for sessions in advance by BACS or at the end of each session by card or cash, to allow me to reserve your slot for the following session. All private therapists have running costs and frequently missed or unpaid for sessions make it a challenge to run an effective practice.

A commitment to prioritise and attend sessions is required. This means protecting the time you have identified to commit to therapy, planning ahead and arriving to sessions on time. I'm sorry but it will not be possible to extend the length of your session if you arrive late, as this may impact the following client.

Sessions cancelled less than 48hrs in advance and missed sessions will still be charged the full fee.

Acknowledgment and Consent

By attending your sessions and signing this contract you are acknowledging that:

You understand and agree to abide by the points detailed above and that you have discussed and clarified any questions you may have about this contract. If you provide an email address below, you are giving me permission to contact you via email or provide you with online literature.

I will require a contact number and may use a mobile number to send an appointment reminder (reminders might not always be possible, so please make a note of your session time/date).

Full name

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Signature

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Email address

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Address

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Telephone

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GP practice

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Therapist signature