

Therapy Agreement

A warm hello

The therapeutic relationship is based on trust and mutual respect, and is guided by your individual process. Just as each person is unique, so too is the way therapy unfolds and how we may work together.

Some of what follows may sound a little formal; this is intended to provide clarity and a helpful framework for us both. You are very welcome to discuss any part of this agreement with me before starting therapy, or at any point during our work together should questions or issues arise.

Please read this document carefully, as it outlines the practical and professional arrangements of therapy. By signing this agreement, or by attending sessions, it will constitute a binding agreement between us for the duration of our work together.

The nature of therapy

Therapy can be an active process and is not limited to talking about problems and feelings. I will work with you with the aim of supporting you to move towards the kind of life you wish to live. This may involve learning skills to relate differently to difficult thoughts and emotions, so that they have less impact or influence over you.

Therapy also involves clarifying your values: identifying what matters to you, what you want to stand for, what strengths and qualities you wish to develop, and how you want to treat yourself and others. It may include taking action to address difficulties and engaging in activities that enhance your quality of life.

At times, our work may include attention to bodily experience, imagery, or experiential exercises, always at a pace that feels manageable for you.

Confidentiality, Supervision and Record Keeping

Therapy often involves the sharing of sensitive and personal information, and confidentiality is therefore paramount. All client information is confidential except by agreement, or in exceptional circumstances such as an emergency. In such cases, I would make every effort to discuss this with you first. Further details are available in my Privacy Policy.

As required by my profession, I attend regular supervision sessions where aspects of my clinical work are discussed. Client identities are not disclosed, and supervision is itself confidential between therapist and supervisor.

I may keep brief notes following sessions to help track themes and areas of focus in therapy. These notes are stored securely, either in a locked cabinet or in password-protected digital files, in accordance with the Data Protection Act and GDPR. As part of professional good practice, I require the name and address of your General Practitioner.

The Therapy Process

Sessions begin and end at the agreed time and are 50 minutes in duration. If you arrive late, the session will still end at the scheduled time and the full fee will apply.

Once therapy begins, a regular commitment is established. During the therapeutic relationship, it is important that we review our work regularly. The contract may be for a fixed period of 6 weeks to 1 year, or be agreed as open-ended. I ask for two weeks' notice if you wish to end therapy, so that we can work towards an appropriate ending. Contract terms may be amended from time to time; in such cases, I will aim to give good notice and allow time for discussion.

Practicalities

For in-person sessions, please arrive at your scheduled time. I do not have a waiting area in Folkestone. Directions will be given ahead of the session.

Online Sessions

For online sessions, I will arrange the meeting using Zoom or Google Meet and send you the link before the session.

Please join from a private space where you cannot be overheard, and arrange, as far as possible, not to be disturbed for the full 50 minutes. A stable internet or Wi-Fi connection is important. Where possible, please silence notifications and other devices that may interrupt our work.

Please attend dressed as you would for an in-person session, in clothing suitable for a professional appointment. If your privacy is unexpectedly compromised during a session, please let me know so that we can decide together how best to proceed.

If technical difficulties arise on your side, the session time and fee will still apply. If difficulties arise on my side, I will make every effort to offer an alternative time or the fee will not be due.

Payment of Fees for Sessions

My fees operate on a flexible scale. You are invited to choose the fee you can sustainably pay within the relevant range. When deciding, please consider your income and wider financial circumstances, as well as the regular commitment involved in attending therapy. You do not need to provide evidence of your income or justify the amount you choose. Once established, this will become our agreement. If your circumstances change, you are welcome to ask to review it.

My current fee ranges are:

- £65–£80 per 50-minute online session
- £65–£90 per 50-minute session in Folkestone
- £80–£110 per 50-minute session in London
- £100–£150 per individual Pesso Boyden session

For those who can comfortably pay towards the upper end of the range, doing so helps me maintain a limited number of lower-cost places for people with fewer financial resources.

I may review my fee ranges from time to time. I will give you at least three months' notice of any proposed increase to your agreed fee.

If the lowest fee in the relevant range is not affordable, please let me know. I offer a limited number of lower-cost places, subject to availability.

Payment is due at or before each session and may be made by bank transfer or cash. If paying by BACS or standing order, payment must be received before the session begins.

If fees remain outstanding for more than one week, I may pause further sessions until the balance has been settled

Cancellations

Your session time is reserved exclusively for you. I therefore require a minimum of 3 days' notice for any cancellations or changes. Sessions cancelled within this time are charged in full. This includes cancellations due to illness or unforeseen circumstances.

I understand that illness can arise unexpectedly. I offer one same-day cancellation due to genuine illness per calendar year without charge. Any further late cancellations will be charged at the full session fee. Where possible, I may be able to offer an alternative session within the same week, though this cannot be guaranteed.

If you need to miss a significant number of sessions or take longer breaks (over 3 weeks), we will need to discuss whether I am able to retain your regular time slot. I will do my best to accommodate this where possible. Where there are consistent gaps between sessions, I will suggest that we review the therapeutic process together.

I will give advance notice of any planned breaks. I tend to take a summer break and a winter break, alongside time off for training. Any extended breaks can be discussed within our process ahead of time.

Professional Information

I am a fully qualified Psychotherapist with dual training in Contemporary Psychotherapy and Pessio Boyden System Psychomotor Psychotherapy (PBSP).

I am accredited with the UK Council for Psychotherapy (UKCP) and the British Association for Counselling and Psychotherapy (BACP), and I am a member of the Community for Contemporary Psychotherapy. I adhere to the BACP and UKCP Codes of Ethics and Professional Conduct, copies of which are available on request. I hold professional liability insurance covering my counselling practice.

I aim to provide an anti-discriminatory service and endeavour to ensure that this commitment is reflected throughout the therapeutic process.

Contact Outside of Therapy

My telephone number and email address are provided for the purpose of arranging, changing, or cancelling appointments. Contact outside sessions is limited to these matters unless otherwise agreed in advance. Please note that my telephone is not continuously staffed and messages are checked intermittently during working days.

I am not able to provide crisis support. In the event of an emergency, or if you feel at risk of harming yourself, please contact your GP, local crisis team, or emergency services, or The Samaritans on 116 123.

To protect confidentiality and the therapeutic relationship, I do not initiate or accept social media friend requests from clients. I may maintain a public professional account that is separate from a private or anonymous account used for personal content. If we are connected on social media when therapy begins, we will disconnect on that platform. You may still follow my professional account if you wish.

If we are acquaintances, including through social media, but do not know each other well, it may be possible to work together therapeutically. Any prior contact and its implications will be discussed.

If we meet outside of sessions, I will wait for you to acknowledge me first. If you choose to do so, I will be happy to respond. If not, I will respect your confidentiality. If any contact outside sessions causes concern, please bring this to the next session.

Acknowledgement and Consent

By attending sessions, you acknowledge that you understand and agree to the policies outlined in this agreement or/and have discussed and clarified any questions you have about this document.

This counselling agreement will be reviewed periodically, and you will be informed of any updates.