



Anna Mathur Counselling

BSc (Psych), PGCert, PG Dip, MBACP

COUNSELLING CONTRACT

1. Session Times and Frequency

We will meet once per week on at

Each session will last 50 minutes and will be held at:

The Awareness Centre, Abbeville Road, London, SW4 8JX

Telephone: 07506 675115

Please let me know you will be late or unable to come to a session. Any missed sessions will be chargeable.

We will meet up for an initial assessment. On agreeing to work together, we will begin with committing to five further sessions before reviewing as to whether more long-term, open-ended work might be helpful for you.

2: Fees

My fees are £50 per session. Payment is due during the session in either cash or cheque. Cheques are payable to 'Mrs Anna Mathur'.

My charges will be reviewed each year and I will give at least one month's notice of any increase.

3: Contact outside of sessions

The telephone number I have provided you with is for use in the case of cancellations, alterations or in case of emergency.

Our Counselling relationship is a professional one and the boundaries of our engagement will be clearly discussed during our initial meeting. These are to be enforced equally by both you as the client, and myself as the therapist.

4: Commitment

At times you may find Counselling to be demanding and emotional. I would ask you to make a firm commitment to attending regularly and keeping absences to a minimum, too many gaps could slow down the progress of our Counselling work.

5: Supervision

It is a requirement for all members of the British Association of Counselling (BACP) to be in paid for, monthly supervision and to undertake on-going training and self-development.

6: Confidentiality and the limits of confidentiality

The content of our sessions is confidential, although I will need to discuss our work with my supervisor. This is standard practice and your identity is not revealed. In exceptional circumstances, where there is convincing evidence that you intend to harm yourself or others, I will inform you of my need to break confidentiality before contacting the relevant authority. I would be liable to civil or court procedure if such information was not disclosed.

I make brief notes after each session in which you will be unidentifiable. These will be securely stored, and destroyed after one year.

7: Holidays and Cancellations

I will inform you of holiday dates well in advance. I provide as much notice as possible for any cancellation due to sickness. These sessions will not be chargeable.

Once we agree to work together, the room will be kept available for you each week. To enable me to provide you with the best service possible both in terms of the room I rent and the Supervision I receive, I do charge for missed sessions. However, if you provide me more than 14 days notice for any missed session, we may agree on a reduced session rate.

8: Endings

In the normal course of events you are likely know when you are ready to finish Counselling. You are not tied to therapy and may end at any time you wish. However, advance notice of two weeks is required to ensure that we can round off our work and end in a safe manner. For long-term clients, we may agree on a longer ending time due to the depth of the relationship that often forms.

9: Ethics and code of conduct

As a member of the BACP I work within the ethical framework for good practice in Counselling and Psychotherapy. You can find a copy of this framework at: bacp.co.uk/ethical_framework

10: Right to refuse

Please do not turn up under the influence of drugs or alcohol, as I may not be able to see you.

Counsellors & Clients consent

I agree to undertake Counselling in accordance with the terms outlined above.

Client's signature:

I, Anna Mathur agree to provide a Counselling service in accordance with the terms outlined above

Counsellor's signature: Dated:.....