

Terms of Service for Counselling & Hypnotherapy (Jan 2009)

I work using an integrated approach to counselling, which means I adapt various theoretical approaches as applicable to the CLIENT. I am committed to providing a safe therapeutic environment for my clients, working within the British Association of Counselling and Psychotherapy (BACP) Code of Ethics and Professional Practice. We are both making a commitment of time and energy to each other in deciding to work together. It is important for you to know what agreements we are making together and so what to expect.

Confidentiality

The content of the sessions are confidential to you and me. I will need to discuss our work with my supervisor. I will use your first name to identify you but I will not use any other identifying details. It is important that you respect the confidentiality of our sessions when you are outside of the relationship. On the very rare occasions if we discover there is a need to communicate with other professionals, or comply with a legal requirement, this will only proceed after seeking your permission and providing you with knowledge of what is to be discussed. I make brief notes after a session and also use audio recording whilst I am working, this helps me to monitor my work.

Sessions

We have agreed that we will meet for a number of weekly sessions, each session lasting for 60 minutes. This is your time, and will not be given to anyone else. The **full session fee will be due** where you do not provide me with at least **24 hours' notice of cancellation**. If you arrive late, I will not be able to extend your session beyond the time agreed.

Fees

The fee for each individual 60 min session is £40. Payment to be made by cash or cheque (payable to Damian Stoupe) at the start of each individual session. Four weeks' notice will be provided of any change in my fee structure.

My Holidays

I take eight weeks holiday per year, two at Christmas, two around Easter, one during the summer and three weeks during the autumn. If it is necessary for me to take any other breaks in addition to these, I will give you as much notice as possible.

Termination

There may be times in the counselling when you feel distressed and feel that counselling is not helping you. It is wise to discuss these difficulties and not to suddenly end the counselling, this will give you the opportunity to understand and perhaps resolve your distress. Usually you will know when you are ready to cease counselling and together we find the way that feels comfortable for you to do this. If you wish to terminate counselling before the number of sessions we've contracted for, please give me at least two weeks' notice. If you fail to do this, I reserve the right to charge for all or part of my fee for the number of sessions contracted. I reserve the right to terminate counselling, immediately, if you commit any physical harm to me or yourself, or cause any damage to my property, my counselling room, furniture, fixtures or fittings.

Our Relationship

To be clear about our counselling relationship, there can be no contact between us other than as client/counsellor. I cannot be your friend outside of the therapeutic relationship or be involved with you in any other relationship be that business or personal.

Other

If you arrive for a session under the influence of non-prescribed drugs or alcohol, I reserve the right to cancel the session.

It is common practice in the course of treatment for you to be given "homework" of some kind. It is important that these tasks are undertaken as they are an essential part of your therapy. If they are not completed then the chances of therapy being successful will be seriously diminished, and /or it will simply take longer, and therefore be more costly and time consuming than you would ideally want.

PLEASE READ THIS DOCUMENT CAREFULLY. These are our boundaries and ground rules which will enable us to work together