

Angela Scott

INTEGRATIVE COUNSELLOR
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Dear Client,

Choosing the right therapist is important. I believe that the best kind of therapy comes from making person to person contact. I work from an integrated model with a strong relational bias which allows the therapeutic work to be responsive to your individual needs. Counselling is a professional talking relationship. This is your space.

Below are some guidelines in which I work. You may have some questions and may like some changes. I welcome these and look forward to working with you.

Counselling agreement.

Expectations/agenda for therapy:

1. Session Times , frequency & duration.

We agree to meet weekly at a time mutually agreed. Changes to this can be discussed and mutually agreed. Each session lasts 50 minutes.

2: Contact outside of sessions

The telephone number I have provided you with above is for use in the case of cancellations or alterations to your appointment.

I understand there are times when contact may be required outside booked session times, I advise that the number I have provided is not manned and messages will only be picked up on an irregular basis throughout the day. I will however reply to all messages as soon as possible. Due to the nature of our work, if we were to meet by chance outside of the counselling room I would wait for you to acknowledge me first. This is to protect the confidential nature of our relationship.

3: Confidentiality and the limits of confidentiality

The content of our sessions remains confidential, although I may need to discuss anonymous elements of our work with my supervisor to ensure best practice.

In exceptional circumstances where you indicate intention of serious harm to yourself or others, or information whereby maintaining confidentiality would mean I would be breaking the law by doing so, I would, after careful discussion with you, seek to disclose that to the relevant agency.

GP details _____

4: Holidays and Cancellations

I will let you know of any planned holiday dates in advance with as much notice as possible. There may also be occasions when I cannot give you your session because of illness. I will try to give you as much notice as possible of any cancellation, and I will offer an alternative time where possible.

5: Fees (including cancellations and non-attendance)

My fees will be £45 per session. (50 mins) for appointments between 9am-5pm. I require 48hrs (2 working days) notice of a cancellation. Less than 48hrs will require full payment. Full payment of non-attendance of a booked appointment will be requested. Fees are reviewed annually.

Payments can be made by BACCS prior to or on the day of your apt unless otherwise agreed:

I am a member of the BACP and work within the ethical framework for good practice in Counselling and Psychotherapy, as laid down by the BACP. A copy of the ethical framework for good practice in Counselling and Psychotherapy can be found on the BACP's web site at http://www.bacp.co.uk/ethical_framework.

I have read the terms and conditions on the website and agree with the data protection and digital policies.

Client Signature:..... Print Name:.....Date:.....

Therapist Signature..... Print Name:.....Date:.....