



Wright Minds
Counselling & Psychotherapy

Counselling Agreement

I offer an integrated confidential counselling service, operating within the BACP ethical framework and within legal requirements. This means that what we discuss within our session will remain with myself within the following limits:

Certain rules apply to confidential practise which require the breaking of confidentiality. These areas are, safeguarding of children and vulnerable adults, terrorism, money laundering, drug trafficking, and risk of harm to yourself or someone else. I will endeavour to discuss any need to break confidentiality wherever possible. I wish you to feel free and safe to discuss anything you need to, and there is not always a need to break confidentiality in all case. Often it is broken to your GP, a parent (for young people) or the police (whichever is relevant)

All counsellors seek professional supervision (to allow them to offer you the best service), these supervisors are also bound by this confidentiality and all client work discussed is anonymous.

Anonymised case notes (by number rather than a client's name) and client details are stored separately, securely and electronically, these are deleted after 6 years. You are consenting to the storage of these.

The price for each session will be £40 full price or £30 for concessions

Payment is required at the time of the session (on the same day or prior if by bank transfer).

Cancellation needs to be 24hours before the session or you will be charged £15 administration fee for the session (this includes failure to attend sessions). Equally I will attempt to give you as much notice as possible if I should need to cancel the appointment for unforeseen circumstances.

Session times will be an agreement between client and counsellor based on their availabilities.

You are free to end our counselling arrangement at anytime. Your counsellor reserves the right to end the therapeutic relationship if they feel it ethically necessary.

If you wish to discuss anything about this contract please do not hesitate to ask.