

AGREEMENT FOR COUNSELLING AND PSYCHOTHERAPY

Professional Conduct

During and after the therapeutic relationship, I will abide by the code of ethics laid down by the British Association for Counselling and Psychotherapy (BACP). The following document is provided for your information. It outlines our agreement on the administration of your sessions for the duration of your therapy. Our agreement will follow counselling & psychotherapy procedures in the UK and will be bound by British legislation. If you need to bring an action against me, you agree to do it in the UK. Actions started in a different country will have no legal validity.

Appointments and Fees

To give us both a sense of continuity, I will make every effort to arrange our sessions at the same time on a specific day face-to-face. My fee for each session is £45 for weekly sessions, payable after each session in cash, cheque or bank card. Payments by bank transfer will be done in advance or during the session by mobile app. Each session has a duration of 60 minutes.

Confidentiality

Everything that you share with me will be kept confidential and will not be revealed to any other person without written permission, with the following exceptions:

- **Supervision & Training:** In order to maintain professionalism, therapists are required to be supervised by other counsellors. As an experienced therapist, I am asked to facilitate training sessions for other counsellors and may use client examples to illustrate my teachings. During both interactions, care will be taken to provide as little personal information as possible.
- **Legal obligation to disclose information:** Confidentiality has some legal limits as well. There are situations where the therapist may be required to reveal information obtained during therapy to another person without your permission. These situations involve danger to self, danger to others and child abuse. In addition, my records on sessions can be subpoenaed in a court of law.

I will keep brief records of the sessions, either in my laptop duly encrypted with password protection or in a locked cabinet. You have every right to have a look at these records at any time. I will keep the records for a duration of 6 years.

My therapeutic approach

I am an integrative psychotherapist. This means that I will be using different psychotherapy approaches during our work together, including psychodynamic, Gestalt and person-centred psychotherapies and



energy psychology tools. You can discuss any of these approaches with me prior to starting our work together. If you agree to this, you consent for us to be using these approaches.

Ending the Work

When the time comes, so that we will be able to end well, I would like you to give one week's notice of finishing your therapy. This enables us to review your therapy and the changes that you have made.

On occasion clients decide to stop therapy suddenly. This can mean that there may be an issue that is difficult for them to address. If this happens, it is important to talk about it and decide whether it is appropriate to stop at this stage and, if so, be clear about the unresolved problem. It is also an opportunity to acknowledge and celebrate the changes you have made so that you leave your last session with a sense of achievement and clarity.

Cancellation Fee

If you are unable to attend your session, you need to give me a 24-hour notice. If the session is not cancelled within the 24-hour period, you will have to pay the full fee of the missed session, unless you can rearrange your session for the same week, provided I have spaces available.

Agreement

I confirm that M. Alda Gomez Otero (therapist) has given this agreement for me to read and I understand the boundaries and conditions in this document. I am comfortable with the agreement and I am prepared to abide by these conditions for my therapy work.

When English is not my first language, by my signature below, I am indicating that I understood the content of this agreement or that it was explained to me in a language that I could understand, in a way that I was satisfied with.

Signed by the Therapist:

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Date:

Signed by the Client:

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Date: