



Client/Counsellor Contract

In counselling, both the Counsellor and the Client have rights and responsibilities. It may be helpful for you to read these notes before we begin our session together and to clarify any concerns that you may have about coming for counselling before we start.

As a client you have certain rights. These include:

- 1 A right to dignity as an individual. You have the right to equal consideration and treatment, regardless of your sex, race, religion, colour, economic status, age, sexual preference or beliefs.
- 2 To be provided with professional and respectful care by your counsellor.
- 3 To be accepted as you are, and to be listened to in a non-judgemental way.
- 4 To know your counsellor's assessment of the problem or concerns that you are presenting with.
- 5 Confidentiality within counselling. Exceptions are: where the client gives consent for confidence to be broken; where the counsellor is compelled by court of law; or where the information 'is of such gravity that confidentiality cannot be maintained' i.e. in cases of fraud, crime, terrorism and where there is a case of actual or potential serious physical harm to self or others.

Along with these rights are certain responsibilities which you, as client, have. These are:

- 1 To be honest, open and willing to share your concerns with your counsellor.
- 2 To ask questions when you don't understand or need clarification.
- 3 To keep appointments, or to give at least 24 hrs notice if you need to cancel, and to pay any agreed fees to the counsellor. The counsellor will also give at least 24 hrs cancellation notice.
- 4 To be responsible for your own thoughts, feelings, actions and personal growth. Your counsellor's role is to help you to help yourself to the best of your abilities.
- 5 Not to consume alcohol or take non-prescription drugs prior to the sessions.

About the sessions:

The sessions will last 1 hour and will be weekly, at a mutually agreed time and day. The cost is £35 per session. The number and frequency of the counselling sessions will be discussed and agreed upon by the client and counsellor mutually. There will be regular review sessions; again the timing and frequency of these will be mutually agreed.

About the counsellor:

As your counsellor, I am bound by the Code of Ethics set out by the British Association of Counselling and Psychotherapy and I will adhere to their guidelines.

I may wish to discuss the counselling I am doing with you with my clinical supervisor in order to monitor and improve my practice. This will be done in such a way as to protect your identity.

Counsellor..... Date.....

Client..... Date.....