Couples Counselling Contract and Relevant Information

Couples Counselling Approach from Therapy on Sea

In a friendly atmosphere of acceptance, respect and non-judgement, my hope is that we can work together to help you be more aware of how your own relationship works. At any point in a relationship misunderstanding, betrayals or emotional upsets happen. As a result, resentments and communication difficulties often set in. The safety of the therapeutic environment provides an effective space to work through issues and to resolve these difficulties.

We will be working finding ways to make progress and move forward quickly, exploring what already works well and finding different expressions of love and ways to communicate with each other and to recover and move forward in a stronger connected way.

Some couples decide they don't want to stay together, and when this happens, it's helpful through therapy to be able to make this transition with respect and kindness, moving forward as independent unique individuals.

Therapy Style

I offer an integrative bespoke counselling service. This means that I blend the various approaches of therapy for the different parts of the therapeutic journey. I do start as person centred counselling before moving onto other elements. It is important to note that I am not there to offer advice or to tell you what to do, but to listen to you and to talk through your problems with you.

Emergency Therapy

I do not offer an emergency service. If you are feeling distressed between sessions, please call the NHS Mental Health team on 111, Samaritans on 116 123, Childline on 0800 1111 or your GP.

Sessions and Fees

All sessions will be 50 to 55 minutes.

I charge £?? per session for couple sessions.

I offer a discounted rate for students and those in receipt of benefits (subject to proof)

The sessions will be based weekly or biweekly.

Full charge is required even if you are late to the session or leave early.

Please note – there will be a review of the sessions after 6 weeks to see that we are meeting your needs. I do not offer a fixed amount, in agreement with you I will work with you until I feel that we have reached your goals.

Appointments

All appointments offered will be held for 24 hours. If no conformation the appointment will be made available again.

Payment

Should be paid in advance of each session if paying by BACS will need to be paid into the following account:

Please allow at least 12 hours for the payment to show into my account.

If paying by cash this needs to be at the start of the session

If you book a bulk of 6 sessions, I will be able to offer a 10% block booking discount

Please note if I reserve the right to cancel the session if I do not receive payment prior to the agreed date and time.

Cancellations and Charges

Should you need to cancel an appointment please give me a minimum of 24 hours' notice.

If 24 hours' notice is not given, the normal full charge will be made for the missed appointment which will need to be paid direct into my account (details above)

With cancellations made with 24 hours' notice a cancellation fee of 50% will be charged to cover costs.

I do have some flexibility for certain circumstances so please contact me to discuss.

If having a face-to-face appointment and you are unable to attend, anything less than 6 hours' notice will incur the room hire charge on top of the cancelled session charge.

Repeated cancellations

I will not be able to keep the counselling space open for you in the following circumstances:

If you do not attend 2 counselling sessions without contacting me.
If you do not attend 3 out of the first 6 counselling sessions.

Referrals

If it comes to light during a session that you would be better placed with another therapist that has expertise in a particular area of therapy, I will advise you that I will not be able to continue the sessions. I will however endeavour to place you with a therapist that can assist you further.

Personal Contact

Please contact me to inform me of any changes to appointments via email or text on

If you have an issue that you wish to discuss then please contact me and make an appointment.

In the case that we should meet in passing in public I will not engage in conversation with you unless you say it is ok or you contact me first.

If you consent for me to contact you in the case of an emergency relating to an element of your session of to reschedule an appointment, please indicate whether email, text or phone contact is preferable and whether you would wish me to use a code so that family, partner, friends or colleagues do not know of your counselling sessions.

Professional Qualifications and Organisations

I belong to the following professional organisations:

All certifications can be produced upon request.

Insurance

I am covered by Balens Insurance. Policy available upon request.

Complaints

My aim is to have an open and fluid professional relationship so that you feel comfortable approaching me if you feel that you are not getting the service that you need. I would like to work with you to adapt so that you get the service you require. If you can please speak to me direct or email me. Otherwise, complaints should be directed to the National Counselling and Psychotherapy Society.

My Responsibilities

- To be available at the agreed time.
- To start and end on time.
- To offer a quiet, confidential, and appropriate place.

- To not record the session face to face, online or over the phone.
- To maintain safe and professional boundaries.
- To work within my confidentiality policy unless I have reasonable doubt about your safety of the safety of those around you. (please see the confidentiality policy for further information)
- To work within the professional frameworks that support therapeutic relationships.
- To have regular supervision with a qualified supervisor to ensure that I am working ethically and within my competency.
- To regularly review the therapeutic relationship with you to ensure that we are still working to meet your needs.
- To let you know in advance of any session that I am unable to attend due to holidays.
- To let you know as soon as possible if I am unable to attend an arranged session.

Your Responsibilities

- To attend the session punctually.
- To pay for your session as and when required.
- To not record the session either face to face, online or over the phone.
- To give a minimum of 24 hours' notice in the event of having to cancel an appointment.
- To only contact me outside the arranged session for the purpose of rearranging or cancelling a session.
- To let me know in advance of any planned holidays that you are taking.
- To give me permission to inform an appropriate adult or organisation in the event that I have concerns for either your or another person's safety.
- To maintain appropriate behaviour and to not display aggressive behaviour when partaking in the session. Threatening and violent behaviour will result in your session being cancelled and potentially police intervention.
- To let me know if you feel ready for the therapy to end or if you feel it is not working for you.
- To let me know if you are thinking of having therapy elsewhere.
- To not engage in therapy with another therapist without letting me know.
- To actively work with me and partake in the exercises and small amounts of homework that may be set.

Reasons for Therapy to Pause

In some situations, it may come to light that therapy is not going to be beneficial at this moment in time. If this happens I will have a conversation with about it and explain the reason why and what I propose you do to safeguard your relationship until it is the right time.

Informed Consent

If there are individual sessions happening alongside couples sessions. I may approach you both and ask if it is ok to speak to the single session counsellor to ensure that our work won't

impede their work for you. If you do not wish for that to happen then it will not. I will be guided by you. Please ask me if you have any questions about this.

Single Sessions

At times I might suggest single sessions in between couple's sessions. This is to understand the dynamics between your relationship. Whatever is raised within the single sessions will need to be raised within the couples session with the aid of myself as the bridge. The only exception is if there is evidence of conscious or unconscious domestic violence present within the relationship. If this is happening the direction of the sessions will change and I may have to terminate and suggest a different course of action. I will advise you accordingly.

Couples Counselling Ground Rules

- To remain calm whilst each other is speaking.
- To allow your partner or the therapist to speak without interrupting.
- To not show bursts of anger or violence at the situation or towards your partner. The session will be stopped immediately. It may continue after an appropriate break but at the therapist's discretion.
- To be committed to working together in and out of the therapy room

I confirm that I have read and understood the contract sent via email on

…….

Client
Signed **Print**

Dated

Counsellor
Signed **Print**

Dated