

INDIVIDUAL Therapy Agreement between Chris Willoughby and _____

WHAT I ASK OF YOU:

1. attend the sessions we have agreed
2. don't be under the influence of alcohol or non-prescription drugs
3. pay for your session each week
4. contact me via email (chris@chriswilloughbypsychotherapy.co.uk), or phone (07377 337484) only.

IN RETURN, I WILL:

1. attend the sessions we have agreed
2. not be under the influence of alcohol or non-prescription drugs
3. offer a professional service that meets, or exceeds, my governing body codes of ethics and practice
4. maintain strict confidentiality of our sessions unless
 - 4.1. you say you are at immediate risk of harming yourself or someone else
 - 4.2. you say you are involved in terrorism, money laundering or an undisclosed road traffic accident
 - 4.3. I am required to break confidentiality by Court Order
if I am required to break confidentiality, I will usually discuss it with you first. (Confidentiality also means I don't accept friend requests or communicate via social media)
5. ensure my practice is supervised by an experienced therapist
6. ensure I have adequate professional indemnity insurance

Paying for your session

My rate is £80 per 50 minute session and you can pay by cash at the end of each session. Payment by internet banking must be made within 3 days of your session. I am happy to provide a receipt.

Cancelling sessions

Please only cancel our session if there is a real emergency (and I will commit to the same). Where there are planned breaks, such as holidays, medical appointments or work commitments (such as training), please give me at least a week's notice. If you cancel a session without giving 48 hours' notice, you agree to be charged in full for the missed session. If sessions are frequently cancelled (either 3 sessions in a row or a regular pattern of cancellations), we may need to suspend appointments until a more suitable time.

Occasionally, I might not be available due to my training or pre-arranged professional commitments or holidays. I will give you at least four weeks' notice of these wherever possible.

SESSION DAY:	SESSION TIME:
Starting:	[] for ____ sessions / [] open ended

SIGNED

(client)

Date:

(Chris Willoughby)

Date: