

COUPLES Therapy Agreement for Online Sessions

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)*
 - 4.4. however, I will not keep secrets between individuals seen in Couples Counselling
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. Payment is by internet banking and is due on the day of your session. Please pay in full from one account (although the account can vary, for instance for alternate payments). Invoices are issued each week for your records.

Technology and signal interruptions

I agree to make myself available during the whole time of your session, and my rate is the charge for my time. Where there is a disruption to contact due to technical difficulties or poor signal in your area, the full charge is due; if the technical difficulties or poor signal is in my area, I may offer a reduced rate or arrange an alternative appointment depending on the circumstances.

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), I may 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.