

INDIVIDUAL 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)*
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. Invoices are issues 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.