

Counselling Agreement

The counselling agreement is between the Counsellor and Psychotherapist - Chris Frampton
And the Client - (please write full name here).....

The client agrees that counselling and / or psychotherapy will take place between themselves and Chris. Chris will support each client with integrity and empathy without judgement, and will draw upon all his qualifications and experience to support each client's specific needs.

The fee agreed for each session is £..... per hour.

Chris Frampton confirms that the counselling he provides is confidential. Details of the counselling will always be protected. The only exceptions that Chris will make is if he judges that it is necessary to break confidentiality because of the risk of death, serious injury, serious criminal activity or serious harm, or ordered to do so by the court.

In the rare event of breaking confidentiality, only those persons who absolutely need to know will be informed, and whenever possible with a client's consent. (E.g. a Medical or legal professional who are also bound by their own confidential and ethical frameworks, or a referring professional or guardian if under 18).

Chris is a member of the BACP (British Association of Counselling and Psychotherapy) and is bound by their ethical framework. Clients are supported by the BACP and if a client should ever need to complain, the BACP can be contacted via www.bacp.co.uk / 01455 883300. Chris has Monthly supervision with a BACP Senior Accredited Supervisor to monitor and support his client work.

To get the most out of your counselling, attending agreed appointments is essential. If you wish to cancel or rearrange a session, please let Chris know well in advance on 07969323898 (text or call). Less than 48 hours notice will result in you being asked to pay the agreed fee for the missed session.

For notes and record keeping, the policy is to keep minimum notes and records. The information that is stored, is stored digitally within my google account which is password and fingerprint protected, and includes:

- Personal information, such as your name, phone, email, address etc (for contact and emergencies only);
- Confidential and brief case notes kept separate from personal information (describing the main focus of the session with any important information, but none that would allow a clients identity to be known in the highly unlikely event that security was hacked);
- I keep the signed counselling agreement in a locked cabinet.

You can request in writing to see the information held on you. I delete case notes and personal information, and destroy counselling agreements, on a client by client basis as appropriate, and for a minimum of three years.

Sign here to confirm that you have read and understand the counselling agreement.

Signed by Counsellor - Date -

Signed by the Client - Date -

Phone: Email:

Address: