

Agreement

It is usual for your therapist and the client to have an agreement when working together. The purpose of this is to make sure both the client and the therapist are clear about what to expect. Please read the following information. You will be asked to sign this agreement before your therapy starts. If you have any questions please feel free contact Rachel Glasspool Tel: 07936 037 939

Confidentiality

Everything discussed within the sessions remains confidential.

However, a therapist will have to pass on information if:

- You show intent to seriously harm yourself or others
- You tell the therapist something that leads them to believe a child is being harmed or is at serious risk of being harmed
- You disclose during your session that you have committed a serious crime or show intent to commit a crime
- If you reveal intent to commit an act of terrorism or are dealing in drugs or laundering money

The therapist will tell you, where possible, if and why they feel it is necessary to pass on confidential information. It is important that you know this is very rare. To make sure that we keep the confidentiality outside of your sessions you and the therapist will not talk to each other if you see each other out anywhere.

Code of Ethics

I adhere to the ethics of the National Hypnotherapy Society and National Counselling Society.

All codes of ethics can be found in more detail on their website: www.nationalhypnotherapysociety.org
www.nationalcounsellingsociety.org

Insurance



www.howdengroup.co.uk/en/home/

Supervision

Therapists discuss their work with their Supervisor. This is essential and part of good practice. If the therapist needs to discuss your case with their supervisor they will make sure your identity remains anonymous.

Records & Note Keeping

Therapists are required to keep brief notes of on going sessions with clients. These are electronic and securely encrypted. Once your sessions have ended they are stored in a locked filing cabinet. You have the right to see these notes if you wish.

Sessions

Each session will be 1 hour long. If you arrive late for an appointment, the time will not be extended beyond the agreed time of the session. Regular reviews are held to make sure your therapy is helpful and appropriate.

Missed or Cancelled Appointments

If you need to cancel an appointment, or you are going to be late, please ring or text. If you don't turn up for your booked session and don't let us know within 24 hours you will be charged the full cost of your session.

Personal conduct

Therapy cannot take place if the client arrives at the session under the influence of alcohol or illegal drugs, nor will sessions continue if a client becomes threatening or violent towards the therapist.

If you are satisfied with the boundaries we have discussed, we will both sign this contract. Go Talk Therapy will keep a copy of this for our records and provide you with a copy for your information.