



Counselling | Psychotherapy | Personal Consultancy

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OUR AGREEMENT

Counselling are offered on an open-ended or short-term bases depending on individual needs which will be reviewed at every six sessions, lasted 55minutes.

CONFIDENTIALITY:

Trust between client and counsellor is crucial to the success of the therapeutic relationship, as a result, I treat all information disclosed as confidential which includes supervision.

My records are kept securely and anonymously and are destroyed three years after sessions end. However, information will only be shared outside if ordered by court of law and where my safety or the safety of others is judged to be in danger. You have the right under data protection law:

- to access a copy of your record and have an explanation of your personal data.
- To request correction or erasure.
- In certain circumstances to request limiting or ceasing data processing.

Therefore, I agree to my record being kept in the manner described above.

ATTENDANCE

- To terminate sessions, a minimum of a week notice is required.
- I will notify you as soon as possible if I need to postpone a session either in a previous session or by text message between sessions.
- You will let me know if you are unable to attend a session within 24 hours. Please do this by calling or text or email me using the contact above. Please note, without cancellation notification I will charge for session missed.
- If you do not attend a counselling session you will be sent a rescheduled appointment for the following week. If you do not attend without notifying me on two consecutive sessions this agreement will be ended.