



Sincere Counselling – 07395 901 303
In-person, online and telephone counselling
 Counsellor Name: Edward
 Contact Details: edward@sincerecounselling.com



Counselling Contract

The purpose of this contract is to enable the client and the counsellor to be clear about any agreement between them with regard to practical and ethical issues. I will take you through each point in our first session.

Your counselling appointment is at 2pm each Monday unless otherwise agreed. Each session will cost £45 and is payable on the day of the session by Paypal or bank transfer.

A counselling session lasts 50 minutes and will end promptly. If you arrive late, unfortunately I cannot extend the agreed time.

Your sessions will be held online via Skype. If a remote session is interrupted by a technical connection issue then please wait for me to call you back.

If you need to cancel a session you must give 24 hours notice. If you give less than less than 24 hours notice your fee will still be payable. If you have not joined a session within 20 minutes of the start time, the session will terminate and the fee will still be payable. If you miss two sessions in a row without contact, or if you frequently cancel sessions, your place may be closed. Sessions will not take place if you are under the influence of alcohol or non-prescribed drugs.

Any breaks taken by me, unless by reason of illness or emergency, will be notified at least two weeks in advance.

The number of sessions available is open-ended but I suggest a provisional agreement of 12 sessions with a review after 6 sessions to discuss progress and the possibility of additional sessions if required.

Though sessions will be confidential, I reserve the right to break confidentiality in specific circumstances. (I will explain these to you).

I adhere to the BACP (British Association for Counselling and Psychotherapy) Ethical Framework (2018).

All information is kept secure in accordance with UK GDPR.

Signed (Counsellor)..... Date.....

Signed (Client)..... Date.....