

Busy Minds Counselling

New Client Counselling Agreement

This contract is between **Busy Minds Counselling** and _____. It is an agreement between you, the above-named client, and me, Katie Johnston, the counsellor. We make this agreement before starting counselling to ensure you are aware of what to expect from me and the ethical responsibilities I have towards you, the clients, and myself as the counsellor.

As a counsellor I am required to have supervision with a more experienced counsellor. All counsellors regardless of qualifications and experience are expected to have supervision. This means I share anonymised details of my clients for the purposes of professional growth and accountability. For me, it is a purposeful, rich experience that I learn much from and value deeply.

Confidentiality: Everything you share in our sessions is completely confidential and all data is held securely according to GDPR. There are however some exceptions to this, and these are:

1. (1) If a court of law instructs me to. I must disclose if you disclose knowledge of, activities or involvement in money laundering, drugs trafficking, acts of terrorism and harm or abuse to a minor or vulnerable adult.
2. (2) If I believe that you, or another person is in danger of harm.
3. (3) For supervision purposes as outlined above.

Fees: £45.00 for a 50-minute session. Session times are usually at the same time each week or fortnight. Fees can be paid by BACS 48 hours in advance of counselling session to secure the appointment:

Cancellation & Holidays Policy: I require 48 hours' notice of a cancelled appointment, this can be text, voicemail, email or via my Facebook page. The full fee will be charged in the absence of notice.

I agree to the above information and wish to work with Katie Johnston. I understand I can change this at any time.

Phone session Zoom/Teams Online Walk & Talk Therapy (outdoor) In person

Online therapy poses a risk regardless of all security measures and GDPR compliance, I am as susceptible as anyone else but minimise this risk through anti-virus software, strict privacy settings and ICO membership. Should any breach of confidentiality occur through hacking or other illegal means I am obliged to inform the ICO and you.

Please sign or print name below:

Client Signature _____ **Date:** _____

_____ **Date:** _____ **Signed (counsellor)**

Session Time _____ **Session Day** _____