



## Counselling Contract

Contracts are subject to regular review by the counsellor or the client

Contract between Yahya Pandor and Client Name

### Counsellor responsibilities

- To be available at the agreed time
- To start and end on time
- To offer a quiet appropriate and undisturbed space
- To maintain safe, professional boundaries
- To regard all contact and information as confidential unless he has reasonable doubt concerning actual safety of the client or others
- To encourage client autonomy
- To work within the BACP Ethical Framework (available upon request)
- To review therapeutic work and relationship regularly
- In the unlikely event of the therapist cancelling, an alternative appointment offered ASAP

### Client responsibilities

- To attend punctually
- To give a minimum of 48 hours' notice when cancelling/changing an appointment (or the full fee becomes payable)
- **To pay 1 session in advance \* then (to be agreed) per session in full at each**

### **Appointment**

- Communicating with the therapist outside agreed counselling sessions to be limited to making, changing or cancelling an appointment unless by prior arrangement.
- To be respectful to the counsellor and his property
- To agree to give permission to contact GP if the therapist has serious concerns about risk to self (client) or others
- To discuss with the therapist when you feel you are ready to end therapy
- To let the therapist know if you are in or are considering entering another therapeutic relationship.

### **What the therapist offers**

What is on offer is counselling of a Person-Centred nature. This means you are empowered to discover solutions to issues in a supportive environment. As a counsellor I offer you my honesty and respect while we explore issues you feel you would like to bring to counselling at the times that we have agreed.

### **Confidentiality**

There are boundaries and limits to confidentiality in certain cases.

Confidentiality may be **broken** if:

You or others are, in the opinion of the therapist, seem to be in danger or at serious risk of being harmed or the therapist is required to do so by the courts

**Records of sessions**

I do not keep notes relating to our session.

If you feel you would like me to keep notes, or if you have been referred by an agency that requires update reports, then let me know and I will gladly keep notes.

**Contacting you**

I will contact you if necessary e.g. to re-arrange an imminent appointment. Where and how would you prefer I contact you in this unlikely event?

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Should you not attend on time, would you like me to contact you? If so, how?

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**Contacting the therapist**

You may call or text me on 07522010379 or email [yayapandor@gmail.com](mailto:yayapandor@gmail.com)

Should you cancel within less than the 48 hours' notice agreed, or fail to attend an appointment: the full session fee will be charged.

Signed Client..... Date.....

Signed Counsellor..... Date.....