***OTO SERENITY CONCEPTS’ CLIENT CONTRACT***

**Modupe Akin-Deko, Ph.D.**

**Managing Consultant**

**Oto Serenity Concepts**

**WhatsApp: +1-716-308-1611**

* Welcome to our space of mental health counselling & therapy. Therapy is an agreed professional relationship between the therapist and client which would occur in face-to-face sessions or on digital platform.
* Therapeutic modality used includes, but not limited to, CBT, EMDR and Mindfulness practices, with the focus on achieving stated goals.
* Information shared is kept in strictest confidence except when there is a concern about lethality or information on child or elder abuse.
* Client is strongly encouraged to stay committed to the process sharing issues honestly.
* The time duration is varied based on presenting issues.
* During our time together, client will reach out to therapist for support during crisis periods.
* When sessions are recorded it will be by permission.
* Notes may be taken during the sessions.
* Termination will not occur without warning. Client will also let the therapist know if they want to discontinue.
* Payment will be discussed, and payment plans can be arranged. Payment should be completed by termination of services.
* Feedback or complain about service will be investigated without fear of retribution.

|  |
| --- |
|  |

**I agree to the stated terms and conditions**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NAME DATE**