



KARMTHERAPY

Therapy agreement

This agreement clarifies the basis on which therapy is being offered to you as a client of Karmtherapy.

Frequency & duration of therapy sessions

Sessions are usually once a week and last for 60 minutes.

Sessions are generally available Monday to Friday.

We will agree on the specific times and days.

Duration of therapy

There are no specific limits on duration of therapy, however we will review regularly.

Centre based setting

If you arrive more than 15 minutes late and have not contacted me, I will consider the session to be cancelled.

Please arrive no more than 5 minutes before your allocated time.

Mobile phone to be on silent or switched off during therapy session.

Clients must not be under the influence of alcohol or non-prescribed drugs during the session.

Remote Therapy Setting

The remote session can go ahead either via telephone or through a video call platform/app.

The session can only go ahead if we both have access to a confidential space, where we are unlikely to be interrupted or overheard.

Clients must not be under the influence of alcohol or non-prescribed drugs during the session.

We will both discuss how to manage any disruptions and agree on the best course of action.

By agreeing to access remote therapy, you agree to the session being confidential between yourself and your therapist.

I will be calling you or contacting you via video chat at the time arranged. Should I not be able to get through, I will try again (a max. of two attempts) within a 15 minutes time frame. Should I not be able to get through the session will be classed as terminated.

Should you not be able to attend the session due to not being able to access a suitable space, please let me know, so that the session can be re-arranged.

Should you or I lose phone signal, or internet connection during our session, and should the session not be able to go ahead, we can re-arrange at a time suitable for both parties.

If you end the session without letting me know why, I will try to contact you to check on your wellbeing, in line with my duty of care.

Cancellation and non-attendance policy

I encourage clients to keep their appointments because:

- You will get the most benefit from therapy by attending regularly.

I understand, however, that sometimes clients cannot attend an appointment because of unforeseen events. Where possible the therapist or client to give 24 hrs notice if session is to be cancelled.

If you have to cancel an appointment, please phone/email or text me.

If you do not attend three consecutive booked appointments without notice, therapy will be ended.

Karmtherapy

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karmtherapyhc@gmail.com



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Covid-19

If you were to be affected by coronavirus and were therefore unable to attend our sessions (due to being hospitalised or feeling unwell) I will hold your therapy open until you are well enough to continue. Should I not be able to carry on with session for similar reasons I will inform you and discuss alternative options.

In order to keep supporting you and to ensure I keep you informed, I would ask that you update me if any of your contact details change.

Holidays

I will inform you of any holidays I am taking.

Clients should also inform me of any holidays they are taking with as much notice as possible.

Terminating your therapy

You may terminate your therapy prior to a planned ending at any time.

In the event of any threatening or abusive behaviour, I will terminate therapy.

During therapy sessions it may also become apparent that the type of therapy being offered is not suitable for the issues you would like to focus on. If this is the case, I will discuss this with you and signpost you to a more appropriate service or another therapist.

You will be a part of this process and this will be thoroughly discussed with you.

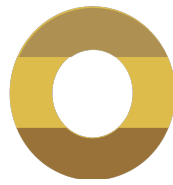
Contact with Karmtherapy Psychotherapy between sessions

The best way to contact me is by email, text or message.

It is possible that we will see each other outside of the therapy room perhaps in a supermarket, gym etc.

To maintain confidentiality, we will agree on whether to acknowledge each other outside the therapy space.

You may see me on digital spaces (e.g. social media), I would ask that you respect my private life, as I respect yours. I will not accept any friend requests to my personal social media accounts.



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Confidentiality and record keeping

I understand that confidentiality is of great importance to you. For this reason, the information that you share with me will be kept in the strictest confidence.

Exceptions to confidentiality

There are exceptional circumstances when I have a legal duty to share information without your permission, for example if you or somebody else (including children) is considered to be at risk of significant harm, or where there is a requirement under law in the case of serious criminal offences (in particular, terrorism and money laundering).

I will try to discuss my concerns and what action I am planning to take. Please note, that in line with my duty of care, I may need to act without obtaining your consent, should I feel this is necessary to prevent significant harm from occurring.

I have regular supervision during which I may need to discuss our therapeutic process. This is done anonymously and no identifiable details are discussed during supervision.

Clinical Will

In the event of my sudden death or illness my supervisor will undertake the following task: contact my clients and discuss appropriate arrangements for ongoing therapy or signposting to appropriate agencies. All personal contact details of clients are held as first name, surname initial and contact details.

This agreement is fully understood and agreed to, and is signed as it stands, by:

Client name.....

Client signature.....

Therapist name.....

Therapist signature.....

Date.....