

# Psychotherapy Services Agreement

This agreement outlines the terms and conditions for the provision of systemic psychotherapy services. It is designed to ensure mutual understanding and a collaborative, professional relationship between the therapist and the client. Please review carefully before signing.

## Purpose and Necessity

Systemic psychotherapy focuses on creating meaningful change within individuals, relationships, and broader systems. A clear agreement establishes the foundation for trust, respect, and accountability, enabling an effective therapeutic process.

**This agreement applies exclusively to individuals aged 18 and above.**

## Terms and Conditions

### 1. Appointments and Cancellations

- Scheduled appointments are essential to ensure progress in therapy.
- Clients are required to provide **at least 24 hours' notice** for cancellations.
- Appointments canceled with **less than 24 hours' notice** will incur the **full session fee**, except in emergencies.

### 2. Communication

- For all inquiries, updates, or appointment arrangements, communication should be conducted via **phone calls**.
- If the therapist is unavailable to answer immediately, clients may leave a message, and the therapist will return the call at the earliest opportunity.

### 3. Confidentiality

- All information shared during therapy sessions is treated with strict confidentiality, following professional and legal standards.
- Information may only be disclosed with the client's explicit consent, except in situations where:
  - There is a risk of harm to the client or others.
  - Disclosure is required by law (e.g., child protection or court orders).

### 4. Online Sessions

- Therapy sessions may be conducted online using secure video conferencing platforms.
- Clients are responsible for ensuring they have a stable internet connection and a private, quiet space for the session.
- The use of a camera during sessions is required to maintain the quality and integrity of the therapeutic process.
- The therapist will not record sessions, and clients are also prohibited from recording sessions without prior written consent.

### 5. Session Commitment

- The therapeutic process is a commitment by both the client and the therapist. Timely attendance and active participation are key components of success.

### 6. Emergency Situations

- This agreement does not extend to the provision of crisis intervention services. In emergencies requiring immediate attention, clients are advised to contact local emergency services or a crisis hotline.

### **Acknowledgment and Agreement**

By signing below, I confirm that I have read, understood, and agreed to the terms outlined in this document. I also confirm that I am 18 years of age or older.

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_

*The Serendipitous Black Cloud*