

Our Counselling Client Contract – Social Fees

Counselling Works

I work in a relational, psychodynamic, and humanistic practice. Honest, open dialogue and relationship are key to the process. I believe that you are your own expert in the issues and concerns that you bring, and in your own reality. Any information that you share with me is your free choice, you are under no obligation to do so, and you may begin, end, or return to our work at any time.

Many people come to counselling in difficult circumstances. It is the nature of the work. So, I have developed a Social Policy around my cash fees over the years. This reflects my humanistic practice, professional approach, and ethical responsibility.

Social Responsibility

I believe in the value of counselling for everyone. I offer up to 20% of my working week to people who might otherwise not have access to my counselling services. Over the years, as you can imagine, that's been a fair amount of my time. And I am happy to continue to offer it.

One of the important things in counselling, and part of how it works, is that you value and recognise the contribution that you make towards your own wellbeing and development in your world. This may be related to your approach and ideas about money, what your self-care is worth, your place in society ...

Fair Fees

I can offer reduced cash fees in a variety of life-circumstances, for example:

- you are in *immediate and present* financial difficulty with *little, or no, income of your own*;
- your *only* income is through *social benefits*;
- you receive *Health Insurance rebates*;
- you are experiencing sexual, gendered, physical, or emotional abuse *with no access to funds*;
- your only access to funds is through a third party who *does not support you entering counselling*;
- you hold *political refugee/displaced person* status,
- you are being held *in prison or detention*;
- or you work as a *full-time field volunteer/basic income* with an *NGO/Humanitarian Organisation*.

You are under no obligation to reveal these things to me; they are elements that I will consider if you do.

You are under no obligation, but you may consider compensating the difference in fees by a 'fair exchange' of your skills, so that you value yourself and what you can offer as a whole person.

Here's an example:

The basis fee is CHF 145. Your photography fee is CHF 75 per hour. We agree on CHF 75 'cash' per session and you offer me one-hour professional photography per 1 hour of therapy to compensate.

Services I have been offered are web design, joint therapy article writing, artwork, poetry, photography, tailoring, embroidery, help with taxes & IT ... Please be as creative as you like with your suggestions, if you do choose to offer your talents as part of your process. You are under no obligation to do so.

Fair Play

I always review ways in which we could work, or are working, both in our first session and with you every 10 sessions or so. If you are on a reduced cash fee, that will include a payment review. I value you.

Here's a question to ponder: If you know that you *are* able to afford the full cash fee, but you still feel some strong urge or need to haggle with me to pay less, then that's something to be quite curious about together, isn't it?

Perhaps our work together has already begun.

So, if we have already been having fee discussions, or you have just been thinking about how we might work together, I hope you've found some ideas here that might help your process and decision making.

I look forward to hearing your ideas and welcoming you soon.