



H I B E R N I U M  
*Counselling & Psychotherapy Service OnLine*

## Counselling & Psychotherapy Contract.

### General Rules:

This contract is for short-term counselling and psychotherapy, up to six weeks initially. It is subject to regular review by the counsellor and client, with the possibility of extending into a longer therapeutic relationship until mutually agreed upon termination.

### Counsellor Responsibilities:

- To be available at agreed times
- Start and end sessions punctually
- Provide a conducive and private space
- Maintain professional, safe boundaries
- Maintain confidentiality, unless concerns about client or others' safety arise
- Encourage client autonomy
- Adhere to the Irish Association for Counselling and Psychotherapy (IACP) Ethical Framework, including regular supervision
- Review therapeutic work and relationship regularly
- Offer an alternative appointment in the event of therapist cancellation

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[WWW.HIBERNIUMTHERAPY.COM](http://WWW.HIBERNIUMTHERAPY.COM)

mobile: 00353 899 55 100 3 email: [hiberniumtherapy@gmail.com](mailto:hiberniumtherapy@gmail.com)

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Client Responsibilities:

- Attend sessions punctually
- Provide 24 hours' notice for cancellations/rescheduling (otherwise, the full fee is payable)
- Limit communication outside sessions to appointment-related matters, unless by prior arrangement
- Respect the counsellor and their property
- Grant permission to contact GP or next of kin if safety concerns arise
- Discuss readiness to end therapy
- Inform the therapist of any other therapeutic relationships

What the Therapist Offers:

Therapy follows a Person-Centred approach, empowering clients to explore issues in a supportive environment. The therapist commits to honesty, respect, and addressing concerns raised during agreed sessions.

Confidentiality:

Confidentiality is maintained unless:

- Risk of harm to self or others is apparent
- Concerns about child abuse or neglect arise
- Disclosure of past or present sexual abuse involving a minor occurs
- Legally compelled (e.g., subpoenaed)

Supervision and Confidentiality:

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Supervision is attended to monitor practice. Client identity remains protected during supervision discussions.

Time, Fee, and Cancellation:

- Sessions last 50 minutes
- The fee is €70.00 per online session
- Payment details provided before each session
- Full fee payable for cancellations less than 24 hours or missed appointments

Records of Sessions:

Minimal notes are kept unless requested or required by an agency; client's preference regarding note-keeping is respected.

Contacting You:

Details provided for Hibernium Therapy staff will be used to rearrange appointments if needed.

Before you sign the contract and send back to your psychotherapist be sure you are signed a consent form available here <https://hiberniumtherapy.com/downloads>

Client signature .....Date .....

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