



Supportive Space

Stephanie Ward - Integrative
Counsellor

Client - Therapist Contract

Welcome to my practice. This document contains important information about my professional services and business policies.

Therapy Framework

- Regularity and continuity are important to allow a supportive structure. Once we agree a day and a time that works, that will be yours every week.
- The session will start and end at the same set time regardless of lateness. Please be aware that a waiting area is not available.
- Sessions cancelled during our agreed working period will need to be paid for (e.g missed sessions / sickness). If you cancel with 24 hours' notice and we can find a mutually suitable time, I will attempt to offer alternative sessions where possible.
- Holidays or breaks will need to be given with a minimum of two weeks' notice. I will let you know my holidays in advance.
- Payments will be made using online banking, at least 2 hours in advance. Due to inflation, I will periodically review my fees and let you know of any changes with good notice.
- Do not consume alcohol or drugs (except prescribed drugs) before any session.
- Confidentiality is important and highly valued. I will not share anything discussed from the sessions except for professional reasons (e.g supervisory meetings) or for issues of safety.
- Sometimes it can feel worse before it feels better or difficult to see a way through. Please trust the process and try to be as open as possible to these feelings so that we can look at them together.