

Gemma Brown Counselling and Psychotherapy BA (Hons) Reg MBACP MNCPs Acc.

Parent Counselling Agreement

For children and young people under 16

This agreement explains how I work with your child, including confidentiality, consent, safeguarding, sessions, and fees. We will review this together in the first session.

Qualifications & Ethical Practice

I am a registered member of the BACP and NCPS, and I work within their ethical frameworks. I am committed to anti-discriminatory practice and respectful, inclusive support.

How I Work

I use a Person-Centred Experiential Therapy (PCET) approach, and may draw on CBT, psychodynamic therapy, Internal Family Systems (IFS), Transactional Analysis, and creative therapies (e.g., sandtray, art), depending on your child's needs.

Sessions & Attendance

Sessions are 50 or 80 minutes and usually weekly.

Regular attendance is encouraged.

Two sessions' notice is requested to end therapy.

Please give at least 48 hours' notice to cancel or reschedule. Late cancellations are chargeable.

Payment is due at least 2 days before each session.

My working hours are Monday–Thursday.

 Important: I am not a crisis service. In an emergency, please contact your GP, NHS 111, or Samaritans (116 123).

Fees & Payment

50 minutes: £60 | 80 minutes: £90

Reduced rates may be available (limited; proof required).

Payment methods:

Stripe (first payment required via Stripe; card securely stored for future sessions)

BACS (48 hrs in advance)

Cash (7 days in advance)

Sessions cancelled with less than 48 hours' notice are chargeable.

Parental Responsibility, Consent & Court Orders

By signing this agreement, you confirm that you hold parental responsibility for your child.

You agree to disclose any existing court orders relating to custody, parental responsibility, or consent for therapy, and to provide copies if requested.

Under the *Children Act 1989*, the consent of one parent with parental responsibility is sufficient for counselling to proceed, unless a court order specifies otherwise.

If parents with shared parental responsibility disagree about counselling, I will continue to act in the best interests of the child and within the law. Where disputes cannot be resolved, sessions may be paused until clarity is obtained through the appropriate legal channels.

Gillick Competence

Young people under 16 may be assessed as Gillick competent, meaning they have sufficient understanding to consent to counselling in their own right.

Where a young person is deemed Gillick competent, their consent and confidentiality will be prioritised in line with ethical and legal standards.

Confidentiality & Contact

Sessions are confidential unless there is risk of serious harm or a legal requirement to disclose.

I will not routinely share what your child discusses, in order to preserve their privacy and trust.

Updates may be provided if your child consents.

You are welcome to request a parent/carer consultation, but this will only take place with your child's agreement.

Routine contact should be for administrative matters only (e.g., bookings, payments).

Safeguarding & Risk

If your child shares thoughts of self-harm, or I believe they are at risk, I may involve you and/or external services.

A Keep Safe plan may be created where appropriate.

I follow safeguarding procedures in line with Warrington Borough Council and legal obligations (e.g., child protection, terrorism, serious crime).

I consult regularly with my clinical supervisor to ensure safe and ethical practice.

Supervision & Record-Keeping

I receive regular clinical supervision to support ethical and safe practice.

All client information is stored securely in line with *UK GDPR* and the *Data Protection Act 2018*.

Notes and creative materials are kept securely and confidentially.

Letters & Reports

Letters or reports may be provided on request, with written consent, and are chargeable (minimum £20).

Feedback & Complaints

If you have concerns, I encourage you to raise them directly with me in the first instance.
If unresolved, you may contact my professional bodies (BACP or NCPS), both of which have independent complaints procedures.

Declaration

By signing below, you confirm that:

- You hold parental responsibility for your child.
- You have disclosed any relevant court orders and will provide copies if requested.
- You consent to your child engaging in counselling under the terms set out in this agreement.
- You understand the confidentiality, safeguarding, and complaints processes.