

As a counselor, this agreement demonstrates my commitment to your mental health and well-being during our counseling sessions. Our therapeutic relationship is based on trust, respect, and collaboration. As your counselor, I am dedicated to providing you with effective and professional support throughout our work together.

As part of this commitment, I agree to:

1. Provide a safe, confidential, and nonjudgmental space where you can freely express your thoughts, emotions, and concerns.
2. Listen attentively and empathetically to your experiences, needs, and goals, and tailor our sessions to address them effectively.
3. Collaborate with you to develop and work towards achievable therapeutic goals that align with your aspirations for personal growth and mental wellness.
4. Employ evidence-based therapeutic techniques and interventions to facilitate your progress and support your well-being.
5. Respect your autonomy, cultural background, values, and personal boundaries throughout our therapeutic journey.
6. Maintain professional boundaries and adhering to ethical standards to ensure your best interests and confidentiality are upheld.
7. Regularly review our progress together, assess the effectiveness of our strategies, and make adjustments as necessary to better serve your needs.

Please feel free to discuss any concerns, expectations, or questions you may have about our therapeutic process. Your feedback is essential in shaping our sessions and ensuring they meet your unique requirements.

Our work together is a partnership, and I am committed to supporting you in your journey toward improved mental health and overall well-being.

A handwritten signature in black ink, appearing to read "S. Chat", with a long horizontal flourish extending to the right.