**Calm Waters Psychotherapy Service Contract for Individual Counselling**

**This contract is between Calm Waters Psychotherapy and**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Client**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Some people may have little idea as to what they can expect from counselling. The following information is intended to answer any questions you may have. Please ask your counsellor about anything that is not clear to you.*

I am an accredited member of the Association of Christian Counsellors. I am bound by its code of ethics and practice and also those of the Association of Christian Counsellors (ACC), the British Association of Counsellors and Psychotherapists (BACP). You can contact them at:

BACP: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk), 01455 883300, @BACP and BACP, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB.

ACC: [Office@acc-uk.org](mailto:Office@acc-uk.org), 29 Momus Boulevard, Coventry, CV2 5NA.

I am committed to provide a safe, therapeutic environment for our clients.

**The counselling I provide** is Person Centred Integrative Psychotherapy, which combines a number of therapeutic models to help you. Also Cognitive Behavioural Psychotherapy.

**The Initial session** is to establish how the therapy will proceed. It will cost £50.

**Each** counselling session normally lasts 50 minutes. If you cannot keep an appointment then please let me notify us on: **07796170671 or CalmWatersPsychotherapyUK@gmail.com** with as much advance notice as possible. Another further appointment can then be arranged if you wish.

**Please** inform me if, at any time, you do not wish to continue counselling.

**If** you have any problems with the service that you are being offering, please talk to me.

**Confidentiality.** As **y**our counsellor I will make brief notes after each counselling session. Your name will not be put on these notes and they will be kept on a password protected computer data base. If you wish to see your counselling notes, you can arrange to see them with me as the Data Controller.

**Everything** you say in the counselling session is confidential, apart from in the following situations:

1. **Where you give consent** for information you have given to be discussed with another agency (e.g. your doctor).
2. **Where information is of such gravity** that confidentiality cannot be reasonably be maintained. For example, if there is a risk of serious harm to you or others, or in cases of serious crime or if a Court orders that information is given to it.
3. **Every month I will be meeting with my supervisor** to talk over the details of my cases. Your details, but not your identity, may be discussed. This is necessary if standards are to be maintained at the highest possible level.

**Counselling** is delivered at the cost of £50.00 per session and is payable after each session. If you fail to notify me of the cancellation of an appointment at least 24 hours before, then you will also be charged for this session.

**Number of Therapeutic Sessions.** The number of sessions depends upon how the therapy is progressing. This may last from 12 - 14 sessions, depending upon the issues.

**Client.**

**Signed:**

**1:………………………………………………………………………Date:……………………**

**Therapist.**

**Signed:…………………………………………………………………Date:………………….**

**Derek George Belcher. Calm Waters Psychotherapy.**