

DR SUZI DOYLE DCPSYCH UKCP

**Chartered Counselling Psychologist
Integrative Psychotherapist**

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HCPC, UKCP registered, MBACP

COUNSELLING/PSYCHOTHERAPY AGREEMENT

SESSIONS

- Individual sessions last 50 minutes.
- The number of sessions may vary and will be agreed between therapist and client.

CANCELLATION:

- Please provide 48 hours' notice of any cancellation, otherwise the full fee is due.
- If you miss two consecutive sessions without prior notice, our agreement will be reviewed.

CONFIDENTIALITY

All the sessions are confidential between therapist and client. There are some factors of which the client should be aware:

- All counsellors/psychotherapists work with a medical cover. They may at times need to contact the client's GP or other professional involved. If there are reasonable grounds to believe that you might be at risk of harming yourself or others, I would consider extending the bounds of the confidentiality agreement to include appropriate support.

- In addition, case material is occasionally referenced in training and supervision settings, with other experienced practitioners who honour the same contract of confidentiality. This is to monitor and improve the quality of the therapist's work. Case material will always be dealt with sensitively and where necessary, disguised in form and content to maintain anonymity of the client(s).
- There are some legal limits to confidentiality such as Prevention of Terrorism and Drug Trafficking Acts.
- In a court of law a counsellor/psychotherapist may be required to answer questions about a client.
- It would be normal to make every effort to discuss such issues with clients before taking any action.

DRUG/ALCOHOL USE

If you are under the influence of non-prescribed drugs, or alcohol on the day of your appointment, I will be unable to offer you a session.

RECORDS

All written case notes will be kept safely, separate from names and contact details.

ENDING THERAPY

If possible, a minimum of two weeks' notice should be given to end the work. The aim is to provide a period of time to resolve any unfinished issues and end the sessions safely.

If for some reason you are unable to attend further sessions, I ask that you contact me to communicate this so that we have a shared understanding about the ending.

ETHICS AND PROFESSIONAL PRACTICE

I abide by the UKCP's Ethical Principles and Code of Professional Conduct and the Code of Ethics and Conduct of the British Psychological Society.