



bacp
collective mark



Registered Member 385132
MBACP

Our Counselling Agreement

This agreement is between Jo Cooke, therapist and _____ client.

- I offer counselling which is of a Person-Centred nature. This means you are empowered to discover solutions to issues in a supportive and safe environment.
- I will keep the work between us confidential. The exception to this is if you tell me that you intend to harm yourself or another person. In this case I would need to consult with my supervisor.
- I offer a quiet, appropriate, and undisturbed space.
- I will maintain safe, professional boundaries.
- I will work within the BACP Ethical Framework which includes my having regular supervision.
- I will be available at the agreed time and place.
- I will begin and end the sessions punctually.
- I will meet regularly with you for as many sessions as you need. Each session will be an hour in length.
- I require a minimum of 24 hours' notice when cancelling or altering an appointment, otherwise the session must be paid for.
- Holidays and breaks from therapy can be arranged between us.
- I would request that you pay my fee promptly.
- I can offer an alternative appointment in the unlikely event of my having to cancel our session.
- I will keep communications between sessions, to a minimum.
- I will review our therapeutic work and relationship regularly.
- I would request that you discuss with me when you feel you are ready to end the therapy.
- I will provide you with my contact details at our first session.

Signed by _____ the therapist.

Signed by _____ the client.

Date

