

# Psychological Consultation Contract

Welcome to my practice. There follows some essential information about the psychological consultation. Please read and let me know of any questions that you have.

## Psychological Consultation

A psychological consultation is an opportunity for us to discuss your concerns, develop a psychological understanding of them together, and consider what support may be appropriate for you. This is partly a psychological assessment and partly a psychotherapeutic experience to determine how psychotherapy could be helpful to you. The initial meeting is 50 minutes. We may feel it would be important to meet a second time to complete this.

## Fee Policy

### Fee and Payment

My fee for the initial consultation meeting is £80. I require payment to be made by bank transfer 24 hours before the consultation. This is because it is our first meeting and we would not have contracted therapy together at this point. Payment can be made to the account below. Please use your name as a reference.

**Cancellation / Missed consultation:** Once we arrange the consultation I shall keep this time free for you. I therefore charge for the session whether attended or missed. I do not charge for a consultation that I cancel myself, which would only occur in the event of an emergency.

## Confidentiality

Information you share with me will be kept strictly confidential and will not be disclosed without your written consent. By law, however, confidentiality is not guaranteed in life-threatening situations involving yourself or others, or in situations in which children are at risk. If I need to discuss our work with a supervisor, I will do my best to disguise identifying information, including using a pseudonym. Your information is stored in accordance with The General Data Protection Regulation 2016/679 ('GDPR') and the Data Protection Act 2018.

## Informed Consent

By making payment for the initial consultation meeting I acknowledge that I have read and understood the preceding statements. I have had an opportunity to ask questions about them, and I agree to enter into a professional relationship with Dr Aaron Roberts for the purpose of a psychological consultation.