

Psychotherapy Contract

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

Length and Frequency

Psychotherapy involves regular sessions and a feeling of continuity is important for it to be helpful. Sessions are weekly, at the same time each week, and each session lasts 50 minutes.

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.

Fee Policies

Fee and payment: My fee for each individual therapy session is £80. At the beginning of each new month I will issue an invoice for the sessions of the previous one. Payment can be made by bank transfer. Please use your name as a reference.

Missed sessions and breaks: Once we arrange regular sessions, I shall keep these times free for you. I therefore charge for the sessions we have agreed on whether attended or missed. I do not charge for any sessions that I cancel myself, or when I am not working (i.e. holiday breaks). I will let you know of any holiday breaks in therapy with as much notice as possible.

Ending psychotherapy: You have the right to end therapy at any time. It is however, advisable to plan ahead for the end of therapy so we can review your experience of the therapy, and our work together, coming to an end. A thoughtful ending is important for the overall experience of therapy to be a helpful one.

Phone and emergency contact: If you need to contact me outside of our agreed session times you can reach me by email. I am usually able to make contact with you within 24 hours. *Please note.* I am however, unable to offer therapeutic support outside of our agreed session times including support during a psychological crisis or emergency. In the event of a crisis or emergency you should call 999 and seek guidance.

Physician Contact

Physical and psychological difficulties often interact. I encourage you to seek medical consultation if required.

Informed Consent

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 psychotherapy relationship with Dr Aaron Roberts.