



## Counselling Contract

This is an agreement between ..... and Fiona Mullany undertaken on the ..... for the provision of Counselling.

### Our Terms:

**Confidentiality** - everything that you tell me as your counsellor will be kept confidential at all times and I will not break that confidentiality unless:

- you tell me that you intend to harm yourself or another person
- you tell me that you are going to commit suicide
- you tell me something that leads me to believe that a child or vulnerable adult may be in danger
- You tell me of a serious crime, terrorism, or I am compelled to by a court of law

If a situation arose in which I felt that I would have to break the confidentiality between us, I would endeavour to obtain your permission to do so first.

**Data Protection** - All notes and documents relating to my counselling work are held securely, will only be seen by me, and will be retained for six years. You may ask to see your file at any time.

**Ethics and Supervision** - I am a member of the British Association of Counsellors and Psychotherapists, have professional indemnity to practice and follow their ethical guidelines. In line with this, I have a counselling supervisor with whom I review my cases on a regular basis. Your identity will be kept confidential at all times during those case reviews.

**Sessions** - Each counselling session lasts one hour. We will review your progress after six sessions or sooner if appropriate. If you are unable to come to a booked session, please let me know a minimum of 24 hours in advance on 07724 641089, otherwise you will be charged for that session. I reserve the right to terminate a counselling session if I feel you are under the influence of drugs, alcohol or other substances when you attend.

Mobile phones should be switched off or put on silent during the counselling session.

Signed.....(Client)      Date.....

Signed.....(Counsellor) Date.....