



Counselling Contract

This is an agreement between and Fiona Mullany for the provision of counselling via Facetime/Skype/Whatsapp/Zoom.

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
- I am concerned about your health/behaviour and you are not able to perceive this.

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.

GDPR - 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.

Conflict of Interest – should a situation arise in which I feel there is a conflict of interest that would affect my ability to work ethically and effectively I will refer you to another practitioner.

Sessions - We will review your progress after six sessions or sooner if appropriate. **Please let me know a minimum of 24 hours in advance on 07724 641089, or by email if you wish to cancel a session otherwise you will be charged.** We will agree the video platform to be used in advance and you will initiate the connection. Should the video link fail or become unreliable for whatever reason we will use telephone to complete the session. I reserve the right to terminate a counselling session if I feel you are under the influence of drugs, alcohol or other substances.

Please make sure you are in a suitably safe, comfortable, and confidential location for the duration of your session.

Signed.....(Client) Date.....

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