



# Three Rivers Counselling

## Counselling Contract

This is a mutual agreement negotiated between the counsellor and the client prior to the commencement of counselling. It sets out the responsibilities of the counsellor towards the client, and also the client's responsibilities in the counselling relationship.

### Confidentiality:

Everything discussed in a counselling session is kept in confidence. Counsellors have regular supervision and so we discuss our work with a supervisor. However, we do not disclose anything that would enable you to be identified.

Regarding information sharing, we are obliged to keep other healthcare professionals aware of who we are working with. We make brief factual notes about clients' attendance and any risk issues. These notes are stored securely.

Regarding risk or public protection, there are limits to confidentiality. If there is convincing evidence that someone is at risk or that you intend to harm yourself or others, we will need to break confidentiality and will endeavour to involve you in this process.

### Sessions:

Last for 50 minutes, and we will meet at an agreed time and place. The whole session time belongs to you, whether you choose to attend or not. If you arrive late, we will see you for the remainder of the time. The session is entirely yours. The benefits of person-centred therapy is in the very fact that we as counsellors have no agenda. We are there to listen, learn and support you. Guided by you, the counsellor will agree how long you would like to receive our support. We also use CORE forms and feedback forms to monitor risks and service delivery. These are anonymous measures of the counselling service and its effectiveness.

### Not attending, cancellations and holidays:

Not attending, being intoxicated for an appointment or not giving 24 hours' notice will mean the session cannot be completed but will still be charged for.

There is no judgement if you cannot attend. However, we believe that boundaries and mutual respect are vital to the integrity of the service we provide.

We will be available for you with the exception of holidays and training.

In the event where we need to miss your session because of illness, the Three Rivers team will try to give you as much notice as possible.

### Endings:

Counselling lasts for however many sessions as you and the counsellor feel is appropriate. If you feel that counselling is not helping it is best to try discuss this with the counsellor, if appropriate. Many of us have experienced difficult and sudden losses and if this happens in counselling and is not discussed its possible these losses might not have the opportunity to be understood and resolved. If you have concerns about the counselling ending, please discuss this with your counsellor.

### Complaints:

If you have a complaint, this can be directed to the British Association of Counsellors and Psychotherapists. You can do this by email at [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk) or by telephone: 01455 883300

Signature:.....

Date:.....

Counsellor:.....

Date:.....