



*Someone
to listen!*

Lavender fields Counselling.

Counselling Agreement.

Please read the following information carefully before signing below. If there is anything you are unsure about, please ask before signing.

Confidentiality:

Everything we discuss in our session is confidential, with the exception of:

- 1) The purpose of supervision.
- 2) Where in my opinion, there maybe a danger to you or others.

Supervision sessions are to allow me to gain support and guidance in my work and to check that I am working ethically and competently.

When I discuss the work, I am carrying out with you I will only refer to you by your first name (if this is OK for you, otherwise we could find an alternative) and any other distinguishing details will be altered to keep your identity anonymous.

As a counselling service I must adhere to the law as such certain parliamentary Acts will be used to ensure this happens. A copy of these Acts can be found on the government websites and can be discussed if need be.

Frequency, cancellation and Length of sessions:

Sessions are 50 minutes long but you are free to leave whenever you want, we would normally meet weekly, we will review the work that we are doing on the sixth session, giving us both a chance to assess how the relationship is working out, if you did decide to stop coming for counselling I would like to be told and if possible for us to have an ending session.

I will require 48 hours' notice in advance if you cannot make the session, or as soon as possible in exceptional circumstances. I will follow the same

procedure if a need to cancel a session too. If you can email a message if you need to cancel as e mails are checked regularly, a full fee is payable if a session is missed without prior notice.

Limits for counselling.

It is not okay to attend counselling sessions while under the influence of alcohol or drugs or to harm yourself in anyway during the session. I would need to be informed if are being prescribed any medications.

We do not usually work with clients who are seeing another therapist, if you did, I would need to know this, and this can be openly discussed.

Code of Ethics and Complaints procedures:

I am Accredited and work within the guidelines of the National Counselling and Psychotherapy Society (NCPS) ethical framework. I am an Accredited Member of the NCPS. This is to ensure that you receive a good service and that I am accountable to a higher national organisation, and I must work within their guidelines. They have their own complaints procedures a copy of this is available on request.

AGREEMENT

I have read and understood the above information and agree to the conditions for counselling as made clear to me.

Client Name.....

Date of Agreement.....

Counsellor Signature.....

Jennifer Pike. BA (hons) Counselling, Advanced Certificate in Counselling.
Accredited Member of the NCPS registration: No NCPS900.