

This agreement outlines the terms and conditions for therapy sessions.

1. Session Fees & Duration

- Fee per session: £45 (concessions offered for students)
 - Session length: 50 minutes
 - Payment methods: Bank transfer or cash. Payment details will be provided separately prior to sessions
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2. Cancellation & Rescheduling

- Please give at least **24 hours' notice** for cancellations or rescheduling.
 - Late cancellations or missed sessions: **full session fee applies.**
 - Payment is due before or at the time of the session
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3. Confidentiality

- All sessions are confidential within professional and legal limits.
 - Exceptions to confidentiality include - **Risk of serious harm to self or others**
 - Records are kept securely and used only for clinical purposes.
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4. Remote / Online Sessions Via Microsoft Teams

- You are responsible for ensuring privacy in your location during online sessions.
 - There is a small, unavoidable risk of data breach when using digital platforms.
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5. Termination

- Therapy is a collaborative process, and you are encouraged to discuss any concerns about your sessions or the therapeutic relationship. Either party may decide to end therapy.
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6. Contact Between Sessions

- Contact outside sessions should generally be limited to appointment arrangements, and, where appropriate, to share resources or information discussed during therapy.
- Messages are not monitored continuously and should not be used for urgent or crisis support.