

## Our Working Agreement

### Aims of Counselling

Counselling is about helping you to explore what is happening in your life so that you can understand it better and be enabled to make any necessary choices and changes.

Sometimes this can be achieved quickly, other times it can take longer. The time it takes usually depends on what you want to achieve through counselling. It is your right to stop counselling when you choose, although I hope you would discuss your decision with me first if we have not completed any of your stated outcomes for therapy.

Throughout your counselling I will abide by the Code of Ethics as stipulated by the BACP (British Association for Counselling and Psychotherapy).

### Confidentiality

**I will hold anything you tell me with the highest level of confidentiality.**

This confidentiality will never be broken unless you either give me specific permission, I was compelled to do so by a Court of Law, or there is a serious risk of harm to yourself or others.

If it is necessary to divulge any of your confidentiality, I would always endeavour to discuss it with you first. If, for any reason, I felt your safety was being compromised I may also need to contact your GP.

I fully observe GDPR (General Data Protection Regulation), including the recording and secure storage of client records.

### Appointments

Counselling sessions will be held at Baring House, 6 Baring Crescent, Exeter, EX1 1TL.  
At Baring House there is a free car park.

I would be grateful if you would kindly turn off your mobile phone and any other electronic device before the session.

The session will usually last one hour and be arranged in advance by mutual agreement.

The cost for each session will be £70.00 for individuals and £80.00 for couples counselling. This is payable at the end of each session by cash, cheque or BACS, please.

NatWest Bank Account Number: 43512860 Sort Code: 56 00 49

If you are unable to attend your appointment, please provide me with a minimum of 24 x hours notice or I will need to charge the full session fee.

Owing to other client appointments, if you arrive late for any session I may not be able to extend it.

**Signature**.....

**Date**.....

**Printed name**.....

**Name of GP**.....

