

## Kay Freer-Burns

AD.DIP.COUNS. MBACP (Accred)

Volterra

Cockwells

Penzance

TR20 8DB



Person-Centred  
Counselling &  
Supervision

## COUNSELLING AGREEMENT

- An initial (free) meeting with a potential client is 30 minutes.
- Thereafter sessions will be an hour long.
- After an agreed period of sessions (generally 6) a review of the client's needs in terms of further sessions or ending counselling can be made.
- Clients do not have to complete 6 sessions of counselling if it is not appropriate for them.
- Confidentiality is vital to the counselling relationship, and will only be breached if the client discloses a situation where he / she or others may be at risk of harm.
- I have regular supervision, where I raise any issues I have surrounding client work. You or your issues may be referred to in these confidential sessions.
- I abide by the B.A.C.P. Code of Ethics.
- I operate a 'sliding scale' in relation to fees (INDIVIDUAL £30 - £60, COUPLES £40 - £65), and I will discuss with you to agree a mutually acceptable rate.
- A cancellation fee of 50% or the normal fee will become payable if cancellation is made within 24 hours of the appointment.

*Agreeing a contract may seem a little official and impersonal, but boundaries such as those above can help to establish a firm framework within which to work; protecting both the client and the counsellor from unclear and muddled situations arising from not formalising an agreement.*

If you are in agreement with the above contract, kindly sign where indicated.

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Contact Details: \_\_\_\_\_

G.P. Contact Details: \_\_\_\_\_

Current relevant medication taken: \_\_\_\_\_

Agreed Fee: \_\_\_\_\_ Cancellation Fee: \_\_\_\_\_

Signature: \_\_\_\_\_ Counsellor's Signature \_\_\_\_\_

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