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***The Counselling Contract***

This is a mutual agreement negotiated between the both counsellor, Esther Ramsay-Jones, and …. prior to the beginning of counselling or psychotherapy. It sets out the responsibilities of both parties in the counselling relationship.

**The counsellor/psychotherapist:** Esther Ramsay-Jones is a full registrant of the BPC (British Psychoanalytic Council), bound by its Code of Ethics and subject to its complaints procedure. The BPC can be contacted on [020 7561 9240](https://www.google.co.uk/search?biw=1536&bih=754&ei=F_M8X5PyJIubgQaIgbWQBw&q=british+psychoanalytic+council&oq=british+psychoanalytic+council&gs_lcp=CgZwc3ktYWIQAzILCC4QxwEQrwEQkwIyAggAMgIIADICCAAyAggAMgIIADIGCAAQFhAeMgYIABAWEB4yBggAEBYQHjIGCAAQFhAeOggILhCRAhCTAjoFCC4QkQI6CAgAELEDEIMBOgsILhCxAxDHARCjAjoICC4QsQMQgwE6DQguELEDEIMBEEMQkwI6BQgAEJECOgQIABBDOgsIABCxAxCDARCRAjoECC4QQzoKCC4QsQMQgwEQQzoFCAAQsQM6EQguELEDEIMBEMcBEK8BEJECOggIABCxAxCRAjoUCC4QsQMQgwEQxwEQrwEQkQIQkwI6CAguEMcBEK8BUMvJuAVY6eu4BWD47bgFaABwAHgAgAHAAogBzxySAQkxNi4xMS4yLjGYAQCgAQGqAQdnd3Mtd2l6wAEB&sclient=psy-ab&ved=0ahUKEwjT2aui_KbrAhWLTcAKHYhADXI4FBDh1QMIDA&uact=5).

While Esther Ramsay-Jones practises from a mainly psychodynamic perspective, there may be times when she draws from other modalities with a view to resolving whatever areas of your life are troubling you.

**Confidentiality and records:**

A very important component of the therapy relationship is confidentiality: everything discussed in the session is kept in the strictest confidence.

As a full registrant of the BPC, the British Psychoanalytic Council, Esther Ramsay-Jones is required to have regular supervision and will need to discuss her work with a supervisor on a regular basis. However, your name or anything that would enable you to be identified will not be disclosed.

In exceptional circumstances confidentiality would need to be broken: if there is convincing evidence that you intend to do harm to yourself or others, or child abuse has been disclosed or the therapeutic work is subject to a court order. This would be done with your prior knowledge.

Notes will be kept of each session, though all material will be anonymised with no identifying features, and be kept in secured password protected filing systems.

I am committed to offering good practice. My insurance covers public liability and personal indemnity.

**Sessions:**

Sessions last 50 minutes, occurring at the same time and day. The session time belongs to you, whether you choose to attend or not. If you arrive part way through your allotted time, you will be seen for the remainder of the time.

The fee for your session will be between sixty and seventy pounds, depending on the agreement set. We have agreed to meet for six sessions, after which we will review our work together, or to work in an open ended way so that you are able to cease therapy when you are ready. This contract means that you have agreed to pay for counselling.

**Cancellation and Holidays:**

Cancellation of an appointment or failure to show for an appointment, will incur the full agreed fee unless in an emergency. Appointments missed because you are on a holiday pre-notified at assessment or contract stage are not charged for.

PLEASE READ THIS CONTRACT. Check it is what we agreed to together. This agreement is fully understood and agreed to as it stands.

Signed: Counsellor/Psychotherapist Esther Ramsay-Jones

Signed: Client……………………………………………………………………

Agreed day and time: