

## **Counselling and CBT**

***Peter Brogan. Cognitive Behavioural Psychotherapist and Counsellor.  
Qualified member of BACP and Accredited member of BABCP***

### **Psychotherapy / Counselling Contract**

My primary focus is to provide safe and effective therapy in an environment based on respect and a commitment to your well-being.

The following is a summary of the terms and conditions under which therapy is provided.

#### **Location:**

Therapy sessions are offered at The Park Counselling Centre, 31 Park Road, Coventry CV1 2LE.

Sometimes it may be necessary for me to see clients in their own home or in other situations, for example places where they may be encountering problems. The reasons for this will be discussed in therapy, should this become necessary.

Therapy is not generally provided via telephone or via email, except for administration (eg sending documents or making arrangements for appointments). *No emergency or out of hours service is provided.* In emergencies, clients should consult their own GP or the Accident and Emergency service as appropriate.

Occasional therapeutic support by appointment may take place online or via telephone but this will be in the course of therapy and never at the outset.

#### **Time of sessions:**

Sessions usually last for 50-60 minutes. Generally, there is not the possibility of sessions overrunning because of the responsibility to my other clients.

#### **Basic structure of sessions:**

You will normally be offered up to 15 sessions of CBT although if the problem is chronic, complex or life-long, a longer therapy may be necessary. If more sessions are needed this will be agreed with you or you may be referred on to a more suitable form of therapy.

Usually the first session includes a detailed assessment of your current problems. At the end of the first session, you may be given some questionnaires to complete which are an important part of the CBT process

and provide additional information about your problems. After an initial meeting, it is usually possible to agree a plan for the therapy and for us to have an idea of how many sessions will be needed.

### **Endings:**

The last few sessions of CBT includes working on relapse prevention. This involves looking at strategies to help you maintain the improvements you have achieved in therapy. Follow-up sessions may sometimes be useful.

### **Self help:**

Progress in therapy will often depend on the completion of between-session work, which is a vital part of CBT. As well as improving outcomes during therapy, it helps people learn how to become their own therapist, reducing the likelihood of the problems recurring in the future.

### **Confidentiality:**

Details of therapy sessions will be kept in the strictest confidence. Notes will be made of sessions as is standard practice, and these will be stored securely and with coded forms of identification as an extra safeguard. You may request a copy of your notes at any point.

At no time will identifying information about you be given to anyone outside of the therapy relationship unless any of the exceptions, as outlined below, apply.

If you have been referred by a Doctor, employer or insurance company, a brief note of presenting problems and progress may be given and a discharge report sent once therapy has ended. If you wish, you may see copies of letters before they are sent and amend them if there are any concerns about the content.

In accordance with professional practice, I will sometimes discuss my work in supervision with professional colleagues. No identifying information will be used in these discussions. The main purpose of supervision is to help maintain high professional standards through peer discussion and the sharing of good practice.

For a more detailed description of Professional Standards please see the website: [www.counselling-cbt.co.uk](http://www.counselling-cbt.co.uk)

### **Data Protection**

Session notes are stored on a pc that only I have access to. Please tell me if you would prefer this not to happen.

**Communication:**

In order to protect your confidentiality and privacy, please indicate below the preferred forms of contact. Please add any further comments in the space below

Telephone (landline): .....(Mobile) .....

E-mail .....

**Breaking confidentiality:**

There are rare occasions where confidentiality cannot be guaranteed. These are:

When there is risk of harm to others relating to serious crime (eg. issues of child abuse, drug trafficking, money laundering or terrorism).

When there is thought to be an imminent risk of your causing serious harm to yourself or others.

Wherever possible, these serious concerns will always be discussed with you before any breach of confidentiality takes place. They are exceptional circumstances. In normal circumstances your right to confidentiality will be valued very highly.

**Fees**

The fee for private referrals is £60 per session, payable at the beginning of each session please.

**Cancellations and non-attendance:**

If you have any difficulties making an appointment, please notify me as soon as possible. No charge will be made for appointments cancelled with 24 hours' notice. Appointments cancelled with less than 24 hours' notice will incur a fee of £30. The full standard fee of £60 will apply if you fail to attend an appointment without notice.

**Termination of therapy:**

You have the right to terminate the therapy at any point. Wherever possible however, it is better that the ending of therapy is planned for and agreed between us both.

**This contract is intended to explain the practicalities of the therapy agreement. Please read it carefully before signing below. In signing, you are agreeing to the above terms and conditions (which include the provision for breach of confidentiality in those rare circumstances described above).**

**Thank you.**

Name:

Signed:

Address.....

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DOB.....

GP .....

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As above, no contact will be made with your GP without your expressed permission unless any of the rare exceptions above apply

Peter Brogan .....

Date .....