

Therapy Contract

Therapy Sessions

Therapy sessions are 50 minutes long and will usually take place weekly. The number of sessions required will vary. A minimum of 6 sessions is recommended to begin with, this will be reviewed and discussed with you. Sometimes it is helpful to space out session, this will be discussed and agreed with you as you progress.

Fees and Payments

Payment for your session can be made prior to the appointment, during the appointment or within 24 hours after the appointment. Payments should be made by cash or bank transfer.

If you have private health insurance, please provide your membership number, authorisation number, full name and date of birth before the first session.

Cancellation Policy

If you need to cancel a session please give at least 48 hours notice (ideally, via text message) to avoid charges. If a session is cancelled with less than 48 hours notice a £20 fee will be charged, if cancellations are made with less than 24 hours notice the session will be charged for in full. Missed sessions (where you do not cancel or attend) are payable in full.

Confidentially, Privacy and data Protection

Anything discussed in the session is confidential. Clinical Psychologists are required to receive supervision from another professional, this will be the only occasion that your treatment will be discussed outside of your session. Confidentiality will not be upheld if a risk arises, this will all be discussed with you in the first session.

The full Privacy Policy is available on the website: <https://cjpsychology.co.uk>. This document will demonstrate that data protection legislation has been adhered to.

Emergencies and Crisis

This service does not offer emergency support. If you find you are in crisis and unable to cope between appointments please contact your GP. Alternatively, you could contact NHS 111 for advice. If you feel you are at risk to yourself or others, or you know of someone who is in danger, then you can attend your local A&E department or contact the emergency services on 999.

Additional Support

Samaritans

The Samaritans offer 24 hour a day 356 days a year support if you need someone to talk to. You do not need to be suicidal to call them. Call Free: 116 123 email: jo@samaritans.org website:

www.samaritans.org

Agreement

Please confirm your consent to the following by ticking the box and signing below.

I have read and understood this therapy contract Δ

I have read and agree to the Private Policy Δ

Signed.....
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Print
Name.....
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Date.....
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