



Counselling Service Agreement

Counselling is a way to give you time and space to explore your thoughts and feelings. It does not claim to be the answer to all difficulties but it does offer the opportunity to explore different ways of looking at your life. The sessions will last for 50 minutes.

Generally anything you say in the sessions is confidential, however I do have a supervisor who we discuss cases with, without using your name or details. This helps us both keep safe and ensures you are getting the best possible service.

There are however limits to this confidentiality, which are:

- If you indicate to me a serious intent to harm yourself or others
- If you tell me you have evidence of current child abuse
- If I have a Court Order to appear and give evidence relating to our counselling relationship
- If you tell me of any money laundering or terrorist activity

If a child protection issue is disclosed to social care or the police whilst you are undertaking counselling, we will have to work within the boundaries of a different contract, as I have a Duty of Care to abide by. If you tell me a child may be at risk of harm, I will have to tell someone.

I will make minimal notes around each session, which will be number coded to protect your identity. Notes will be kept on an electronic system accessible only to myself and Moving Minds counselling and administrative staff.

Please give at least 48 hours notice, if you need to cancel a session. We take payment 24 hours before the start of the session at the latest, via a payment link we will provide.

I confirm that I have read and understood the information above:

Signature or Print Name:

Date:

Therapist Signature or Print Name:

Date: