



Psychotherapy, Counselling & Coaching

Therapy Agreement

1. Introduction

This document provides an outline of the key principles and expectations that will be used to guide the approach to therapy. It also details the main terms and conditions relating to services and payments. Please read this document carefully and raise any questions with your therapist directly.

2. The Aim Of Cognitive Behavioural Therapy (CBT)

The aim of CBT is to provide an opportunity for you to explore your problems and learn new techniques for improving your psychological health and well-being, in a safe, confidential and supportive environment.

Our role is to help you through this process without criticism or judgement, to listen to your difficulties and provide feedback and suggestions based on our professional observations and specialist training.

If at any time we feel that we cannot help you in this way, we will offer to refer you to another service or recommend an alternative approach.

3. Our Approach To Therapy

We will use established CBT methods to complete a full assessment of your problems, develop a joint understanding of how your problem affects you personally, agree a treatment plan, deliver evidence based CBT techniques and teach you how to apply these new techniques in your everyday life.

We will discuss each stage of the therapy process with you and we will ensure that you understand the approach and the reason for applying the agreed CBT techniques.

We will only use therapeutic techniques that are completely safe and relevant to your problems.

4. Sessions

Sessions normally last between fifty to sixty minutes and will usually take place on a regular weekly basis. The total number of sessions will depend on the nature of the problem and the agreed treatment plan, but will usually involve between six and twenty individual appointments.

5. Goals for Therapy

Our approach to CBT involves identifying and committing to specific therapeutic goals. We will help you with this process and you will be encouraged to make a firm commitment to undertaking CBT exercises and assignments outside and between sessions.

6. Ending Therapy

Your progress towards achieving your therapeutic goals will be regularly reviewed and this will help determine the duration of therapy. Your therapist will normally expect to discuss ending therapy a minimum of two sessions prior to the agreed end date.

7. Confidentiality

All information shared during therapy remains anonymous and completely confidential. The only circumstances in which a therapist may divulge confidential information is if it is judged that you present a potential risk to yourself or another person. In these circumstances, the therapist will if possible discuss this with you first. In the interests of safety however, the therapist retains the right to break confidentiality without prior consultation should they consider the matter urgent.

Think CBT is also registered with the Information Commission for the purposes of data protection.

8. Clinical Supervision

All professionally qualified therapists are required to attend clinical supervision in order to ensure that you receive the best possible service. Any clinical information shared in supervision will not include your name or personal details and will be treated confidentially.

9. Ethical Standards

All Think CBT Cognitive Behavioural therapists are fully qualified members of the British Association for Behavioural and Cognitive Therapy (BABCP) and bound by the BABCP's ethical code of practice. These standards are available to view at www.BABCP.co.uk

10. Charges

The current charges are £49.00 for a 60 minute session. 90 minute sessions will be charged at £73.00, however discounts are also available depending on the number of pre-booked sessions and advertised promotional offers.

11. Price Guarantee

Think CBT offers a price guarantee. We will refund the difference in cost for any private therapy offered in the same geographical location by another therapist qualified to the same level. This does not include NHS or charitable services, or services provided by trainee therapists. Think CBT reserves the right to withdraw this price guarantee at any time.

12. Cancellations

If for any unforeseen reason it is necessary to cancel an appointment, we will endeavour to provide you with a minimum of 48 hours notice.

You will be required to attend all booked sessions promptly at the time and date agreed. If for any reason you are unable to attend an agreed appointment, you must also endeavour to provide a minimum of 48 hours notice by calling 01732 808 626 or by emailing info@thinkcbt.com

If you fail to attend agreed sessions without providing 48 hours notice, you will be required to pay a remittance of 50% of the agreed session costs.

13. Therapy Venue

Our sessions will be held at a location agreed with your therapist before the commencement of therapy.

14. Complaints

If you wish to make a complaint about any services offered by your therapist, you should in the first instance contact our central office by emailing info@thinkcbt.com or by calling 01732 808 626. All complaints will be reviewed in strict accordance with the codes of conduct laid down by the BABCP.

15. Service Feedback

Think CBT is committed to excellent customer service and continuous improvement. You can provide feedback at any point during therapy by emailing feedback@thinkcbt.com. Your feedback will be reviewed and you will normally receive an acknowledgement or reply within five days.

Therapist Name: William Phillips

Client Name:

Date:

Date:

Signature

Signature: