

## **Counselling Contract between you (the client) and Jenny Anderson, trading as Green Ivy Counselling**

This is a mutual agreement negotiated between the Counsellor (Jenny Anderson) and the Client prior to the commencement of counselling. It sets out the responsibilities of the Counsellor towards you, and your responsibilities in the counselling relationship.

### **Confidentiality:**

This is a very important aspect of the counselling relationship. Everything we discuss in our sessions together is confidential except:

1. If I am required to break confidentiality by a court of law;
2. Where, in my opinion, there may be harm to yourself or to others; and
3. For the purposes of supervision\*

\*Supervision sessions allow me to gain support and guidance in my work and also to check that I am working ethically and competently. I am required to have regular supervision and to discuss my work with my supervisor. I never disclose anything that would enable you to be identified.

I keep brief notes of sessions which are anonymised. Your data is securely stored in accordance with GDPR 2018.

### **Sessions:**

Sessions last for 60 minutes, and normally occur weekly or fortnightly at the same time and day.

### **Fees:**

Fees are £60 for a 60 minute session.

Payment can be made by bank transfer.

Fees should be paid on the day that your session takes place.

Please use your first name as the reference for your payment.

### **Cancellation:**

I require a minimum of 48 hours notice of any cancellation that you need to make, otherwise the full session fee of £60 is payable.

### **Duration of Counselling:**

The duration of counselling varies from person to person. I will work with you for as long as you need.

### **Endings:**

I am mindful of endings and am constantly working towards creating a collaborative and mutually agreed ending.