**Christy Fowlston**

Integrative Psychotherapist

MSc Integrative Psychotherapy

UK Council for Psychotherapy (UKCP) Registration No. 2011169260

Mobile: 07419203173 email: christy.fowlston@protonmail.com

**Counselling & Psychotherapy Agreement 2022**

**The Process of therapy**

Psychotherapy is a process which helps people to express themselves to a trained professional who is outside of their normal day-to-day life. Therapy can help people to make new choices, or to reach decisions about how to deal with their concerns.

* As your therapist, I will encourage you to talk about what is on your mind and listen carefully to what you have to say. This will help us both to become clearer about the extent and effects of any difficulties, and also enable us to identify some of your strengths and internal resources. The aim will be to help you to find possible solutions that could work for you in the future.
* As we are working together, I will ask you about your thoughts, feelings and actions and together we will try to make sense of how these interact.
* I will work collaboratively with you and honour your choices.
* Endings are very important in therapy. You are free to end at any time, but if for any reason you are thinking about ending the process, please come and discuss this with me. This will allow us to review whatever we need to and, if appropriate, to end the process satisfactorily.

**Appointments**

Each session will last for approximately 50 minutes.

* It is important for effective therapy that we try to maintain regular contact, normally this will be weekly.
* If you arrive late for any reason, the session will still finish at the appointed time (i.e., approximately fifty minutes from the scheduled start time).
* I will take all reasonable precautions to make sure that the therapy space is free from interruptions. I ask you to also find a private space, free from distractions for our sessions.
* If you need to contact me to discuss appointment arrangements, you can reach me by emailing [christy.fowlston@protonmail.com,](mailto:christy.fowlston@protonmail.com) or by texting or calling 07419203173. There is voicemail on my number, if you leave a message then I will try to return your call by the end of the working day.

**Fees**

* The fee is £50 per 50-minute session.
* Fees are normally due at the end of each session.
* Payment can be made by cash (in person), by Paypal, or through BACS

Name Sean Fowlston

Bank 11-10-31

Account 00396352

**Cancellation**

Please give a minimum of 24 hours’ notice if you need to cancel a session. If you miss an appointment, or give me less than 24 hours’ notice, I will normally expect you to pay for the session in full.

**Confidentiality**

Everything that happens in a therapy session remains entirely confidential, with the following exceptions:

* Where you give me permission for information to be shared.
* Where I am ordered to give evidence by a court of law.
* Where I discuss aspects of the work with a clinical supervisor.
* Where I have a reasonable belief that you could pose a serious risk either to yourself or others I would speak to the relevant authorities if you felt unable to do so yourself.

**Record-Keeping**

* After every session I will make brief notes about what we have discussed. These notes are kept on paper and are stored securely.
* I abide by the General Data Protection Requirements (GDPR) and am registered with the Information Commissioner’s Office.

**Code of Ethics and Professional Practice**

I am a member of UKCP and a graduate member of The Sherwood Psychotherapy Training Institute. I abide by the codes of ethics of both organisations.

I agree to the terms stated in the above agreement.

**Client’s signature:**

**Date:**

**Therapist’s signature:**

**Date:**