



### Couples Contract

- I am an integrative counsellor and registered member of the BACP and work within their ethical framework.
- Counselling is a collaborative relationship. Therefore, any issues you wish to bring will be listened to in a non-judgemental, emphatic and congruent manner with the presence of unconditional positive regard. With this, I offer my clients a safe place to explore what you wish to with the aim to challenge negative thoughts and feeling along with enhancing self-awareness, self-worth to manage day to day life more closely to how you would like to.
- I can offer coping strategies that you may find useful, but it is your choice, as the client, to engage in a way that suits you.
- The contents of sessions are confidential between you the clients and me the counsellor, although I may need to discuss the work we do during sessions with my supervisor. Supervision is an ethical requirement for all working counsellors.
- Confidentiality will only be broken by me the counsellor in extreme cases, concerning legal or ethical requirements. These are:
  1. If I the counsellor feel you are at risk to yourself or others.
  2. In the case of disclosure concerning acts of terrorism.
  3. Offences under the Children's Act.
  4. Illegal Acts involving violence, drugs or money laundering.
- ❖ *Implications of these will be discussed in more detail if requested.*
- If counselling is part of another plan or requirement for compliance with other agencies, disclosure will be agreed in each individual case between all parties and in accordance with data protection and will be stored without your identity attached to them and separately from referral information.
- Sessions will last for 60 -90 minutes and will be held at a mutually convenient time and venue.
- Any notes I make during or after the session will be kept in accordance with data protection and will be securely stored without your identity attached to them and separately from your referral information.
- Sessions and regularity of them will be reviewed after 6 weeks and either continued or ended by agreement. *You may end your commitment at any time.*
- We will regularly review our work together to support self-awareness along with reflection.

- If either party are unable to make a planned session we agree to ensure to the best of our ability that the other is informed in advance of the session. Less than 48 hours' notice will mean full session fee is payable. If you fail to attend planned sessions again the full fee will be charged. I the counsellor reserve the right to terminate sessions after two failed attempts of attendance is recorded.
- All individuals will turn up on time to sessions as sessions may not be extended to cover late arrival.
- In respect of adverse weather conditions, or unforeseen circumstances that are out of therapist or clients control the first point will be to re-schedule the face to face appointment within the same week. If not possible, the mutually agreed alternative will be actioned. The alternatives are video call or telephone session. However, if not taken, after being agreed, the full fee will be payable.

Alternative session agreement:                      Video call                      Telephone                      Same week Re-Schedule

- I politely ask that all technology is either switched off or placed on silent during sessions.
- I do not permit any recording devices into the counselling room to include audio or visual recordings of any sessions.
- Any other points may be added by agreement between counsellor and client.
- We will regularly review our work and on ending complete an exit evaluation questionnaire.
- If either of us is unable to make any planned session we agree to ensure to the best of our ability that the other is informed in advance of the session. Less than 48 hours' notice will mean full session fee is payable. If you fail to attend planned sessions again the full fee will be charged. I the counsellor reserve the right to terminate sessions after two failed attempts of attendance is recorded.
- All individuals will turn up on time to sessions as sessions may not be extended to cover late arrival.

### **Additional Elements for Couples Contract**

1. To refrain from aggressive behaviour or language towards each other or me, the counsellor.
2. To agree to work in an honest and open manner.
3. To be prepared to work to identify any unhelpful patterns of behaviour in the relationship.
4. To examine the strengths and qualities of the relationship and be willing to learn to maximise the value of these to enhance co-operation.
5. Work towards solutions which may involve changes in behaviour and thinking.
6. Be respectful.
7. To understand that I, the counsellor, am not a judge, will not take sides and is available to support and challenge you both to identify areas of difficulty along with working collaboratively with you both to assist in the development of your joint awareness, new strategies and coping skills that may enable positive change and growth in your relationship.

### **Further Agreements.**

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**We have read, understand and agree to the above.**

I have read, understand and agree to the above.

Clients Name:

Signature:

Date:

I have read, understand and agree to the above.

Clients Name:

Signature:

Date:

Counsellors Name: Jayne Roberts

Signature:

Date: