

# REBECCA WELLS

## *Integrative Counsellor*

MBACP (Accred) FdSc Integrative Counselling  
Newlands Park Natural Health Care Centre  
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### **The Counselling Contract**

This is a mutual agreement negotiated between the Counsellor, Rebecca Wells and the Client \_\_\_\_\_ prior to the commencement of counselling. It sets out the responsibilities of the Counsellor towards her clients, and also the client's responsibilities in the counselling relationship.

#### **Confidentiality:**

This is a very important aspect of the counselling relationship. Everything that is discussed in the counselling session is kept in the strictest confidence. In exceptional circumstances confidentiality may be broken though, the circumstances include:

1. Where you as a client give consent for the confidence to be broken.
2. Where I feel it is appropriate to consult with, or involve other professionals such as your GP in circumstances where there is a risk of harm to you or to a third party. In such cases I will aim to discuss any action with you first and seek to gain your co-operation.
3. Where in extreme cases I am legally compelled by a court of law.

As a member of the BACP, I am required to have regular supervision and will need to discuss my work with a supervisor on a regular basis. However, I will not disclose your name or anything that would enable you to be identified.

I write brief notes after each session, which will be anonymised and securely stored, and there is no way you would be able to be identified from the notes.

#### **Sessions:**

The initial assessment lasts up to 60 minutes, at the end of this, if we agree to work together each session after that will be 50 minutes long, and will generally occur once a week. If you arrive part way through your allotted time, your counsellor will see you for the remainder of the time.

#### **Fees:**

The initial assessment is £50, each counselling session after that is £50, and lasts for 50 minutes. I offer concessions to those on a low income or unwaged.

#### **Duration of Counselling**

The duration of the therapeutic process will depend on the type of difficulty or problem the client is facing. Some people prefer to work with an open contract, whereas other people

prefer to work with a fixed number of sessions followed by a review. In all cases, every 6th session the counsellor and client, and one or both parents/carers will review the therapeutic process together. This is an opportunity to give each other feedback, and helps to assess whether the client's needs are being met, this will also help (if required) to carry out the necessary adjustments and/or establish new goals for the process.

### **Cancellation and Holidays:**

If you need to cancel an appointment, please give 48 hours notice and there will be no charge. If the session is cancelled after this time, full charge applies. If your counsellor has to cancel a session, she will aim to give you as much notice as possible and rearrange the appointment with you.

### **Endings:**

Sometimes the client may feel that counselling is not helping. In these circumstances it is best to discuss the difficulties rather than abruptly end counselling. In such circumstances the counsellor asks that the client give one week's notice before ending counselling to have the chance to discuss the decision and to complete the process adequately. The client is always in charge of the decision to continue or stop counselling and will not be under any pressure to continue at any point.

### **Complaints:**

If you have a complaint about your counsellor or the service, this should be directed to the BACP

Signed: Counsellor

Signed: Client