



**Mum Therapy**  
Helen Hazell-English MBACP  
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## **Counselling Contract**

### **Counselling aims**

The aim of counselling is to provide you with a confidential opportunity to explore personal issues in safety. My role as counsellor is to help you through this process without judgement, and without telling you what to do. We will agree on goals to be worked towards in counselling, and we will assess progress and discuss any obstacles on an ongoing basis.

### **Confidentiality**

Everything you share with me will be treated as highly confidential. However, there are limits to this confidentiality, which you need to be aware of:

- As a member of BACP I am required to regularly discuss my work with a qualified supervisor. Client identities are kept anonymous.
- In exceptional circumstances I may be legally or ethically obliged to break confidentiality, for example where I consider you or somebody else to be at risk of serious harm. Wherever possible, I will consult with you first.

### **Sessions**

Normally we will meet weekly at a regular time. Each session is 50 minutes. If you arrive late it will not usually be possible to extend the session past the planned finishing time.

The duration of the counselling process will depend on what you want support with. Some people prefer to work with an open contract, whereas other people prefer to book a fixed number of sessions. We will agree the number of sessions between us, and we will regularly review our work, to assess if your needs are being met.

### **Babies**

If you have a new baby and would otherwise be unable to attend, they are welcome at your sessions for the first few months (before they start crawling). Of course they remain your responsibility at all times. Please note that my counselling work is with you - I am not an infant specialist.

### **Payments**

My fee is £50 per session, payable in advance (by bank transfer) or at each session in cash.

### **Late cancellations**

If you need to cancel an appointment please try to give me at least 24 hours' notice. If 24 hours' notice is not given, the normal £50 charge will be made for the missed appointment. Whenever I can, I will try to offer you an alternative session rather than charging you (but I cannot guarantee my availability).

## **Email/telephone contact and Social Networking**

Contact by email or telephone in between sessions will be limited to practical arrangements only. Please be aware that I do not accept social networking friend requests, as this can compromise the confidential and therapeutic nature of the counselling relationship.

Please note that messages will be monitored and replied to regularly but not continuously. I am not an emergency or crisis service.

## **Ending counselling**

You are never under pressure to continue counselling. When you begin to feel the work is drawing to an end, or if you don't think it is working for you, I encourage you to discuss this with me as part of the counselling process. Rather than ending abruptly it is best to have a goodbye session(s) where we can review our work, celebrate your achievements and plan how you can support yourself in the future. If at any time I feel that counselling is no longer helpful or appropriate for you, I will discuss this with you.

## **Records**

I keep minimal client information – your completed client information form and a brief factual record of our sessions. These are stored securely and destroyed after 7 years.

## **Ethical framework**

As a BACP registered counsellor, I am bound by its Ethical Framework for Good Practice and am subject to its complaints procedure. Both are available on their website:

[www.bacp.co.uk](http://www.bacp.co.uk)

I have read and understood the above information and agree to the conditions for counselling as made clear to me.

Signed \_\_\_\_\_ Date \_\_\_\_\_ (Client)

Signed \_\_\_\_\_ Date \_\_\_\_\_ (Counsellor)