Therapy agreement

Luca Fiorilli, UKCP-registered psychotherapist

Cancellations

I need at least one day's notice of a cancelled session. If you give me less notice, I will try to find another time within the same week that suits us both. If this is not possible, the first time the fee will not be charged; from then on, the fee will be charged, or the session will be lost.

Fees

The first session, of 25 minutes, is free. After that, the fee is £70 for a one to one session of about 60 minutes, and £130 for a couples session of about 90 minutes. It is reviewed once a year.

Payment

I ask you to pay the fee by bank transfer on the day of the session, just before or just after it. If, during our work together, the fee is not paid on the day three times, I may decide to interrupt our sessions, unless we agree otherwise.

Number of sessions

The number of sessions is open-ended. I recommend an initial period of mutual assessment.

Notes and recordings

I do not keep written notes on our sessions.

I will usually ask your permission to record sessions, so that I can reflect on what we have discussed. If you agree, you may change your mind at any time and I will erase the recording. Recordings are usually kept for no more than four weeks.

For further accreditation and continuing professional development, I may submit written or recorded material from some sessions for evaluation. Any such material is disguised to protect your identity, and is only reviewed by clinicians bound by the same or a compatible code of ethics.

Ethics

I abide by the UKCP Code of Ethics. A copy is available on request, or on the UKCP website.

Confidentiality

Our sessions are completely confidential, except in the following circumstances:

1. From time to time I discuss my work with a clinical supervisor. This is standard practice and helps me to work as well as I can with you. My supervisor is bound by the same code of ethics and confidentiality as I am.
2. If I believe you are at risk of harming yourself or others, I reserve the right to break confidentiality in order to prevent harm. I would only do this in extreme circumstances, and I would always try to discuss it with you first.
3. If I am required by a court of law to give evidence, for example in criminal proceedings.
4. In any situation where one of these laws applies: the Terrorism Act 2000, the Money Laundering Regulations, the Drug Trafficking Act 1994, the Children Act 1989 and the safeguarding regulations.

Endings

If one of us decides to end therapy, I recommend, where possible, that we agree on a number of sessions to prepare for the ending.

Date

Therapist: Luca Fiorilli

Client's full name

Signature

Client's signature