

Counselling Session Booking Terms & Conditions

SESSION FEES:

Couple Therapy (two people) - £80 per one-hour session – In person and online via Zoom

Individual Counselling (one person) - £68 per one-hour session – In person and online via Zoom

REVIEW OF FEES: The level of fees is reviewed once per year and any changes take effect from Jan' 1st.

FIRST BOOKINGS/METHOD OF PAYMENT: Full payment is required at the time of booking via Credit/debit card, Apple Pay or Google Pay.

REBOOKINGS/METHOD OF PAYMENT: Subsequent sessions arranged with your therapist, are booked via the website. Full payment is required a minimum of 24 hours prior to your scheduled appointment time. Payable via Credit/debit card, Apple Pay or Google Pay.

NUMBER OF SESSIONS: - In order for your therapy to be effective, it is important that you try and maintain regular weekly sessions, at least for the first four sessions. After every fourth session your therapist will review how you are progression with the therapy.

CANCELLATIONS & RESCHEDULING APPOINTMENTS: You may cancel or reschedule your appointment with more than 24 hours' notice. Your therapist reserves the right to charge the full amount for appointments **cancelled** or **rescheduled** with less than 24 hours' notice. They will inform you of any dates of planned absence or holiday four weeks in advance.

REFERRALS: It may be possible that your work together highlights the need for your therapist to recommend a referral to another counsellor or psychotherapist for some form of specialist therapy, beyond the scope of their professional training and experience. Alternatively, it may (for example) include a referral to your GP for possible medication or a GP referral to another specialist consultant.

CONFIDENTIALITY: Everything you discuss with your therapist is confidential and in accordance with the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy. However, should your therapist consider that you are likely to endanger or cause harm to either yourself or another person. Or where there is a legal requirement to disclose information, they retain the right to consult or inform an outside authority such as (for example) your GP or the police. Your therapist will endeavour to inform you of their decision and explain their reasons why prior to carrying out this action. However, they will retain the right to do so without prior consultation with you should they consider that the urgency of the situation requires them to act immediately to safeguard the physical safety of yourself or others. UK law only applies.

SUPERVISION: As part of their professional standards your therapist has a responsibility and commitment to work under regular supervision. This means they may have to share and discuss of some of the information from your sessions with a qualified supervisor. This is always under a strict confidential and professional framework and the client identity is always kept anonymous.

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