

Indigo May Roe
Counselling contract for
Indigo May Counselling

Post completed contract to: Indigo May Counselling, 9 Dibdin View, Bridport, Dorset, DT6 5FA, UK

This informal non-binding agreement is between _____
and Indigo May Roe.

You have agreed to pay £29 per session, and to meet every week at _____ hours,
on _____ for 50 minutes. This starts with a free assessment
session on _____ and will continue until _____. It is
important we keep to these timings.

I (Indigo May Roe) am an integrative counsellor. This means that I have an Integrative approach
which is, generally, Person Centred. We are on a journey together, as equals, to explore your issues
and help you find your way forward. However, as an Integrative counsellor I may seek to bring in
other types of therapy if they are suitable for you and your situation.

I want you to feel comfortable around me and be able to be open and honest. I would like you to be
able to say when these conditions are not met.

Contact – Please contact me should you need to make changes regarding our appointments. As I see
other clients, contact via mobile phone text message is most appropriate.

Absences – The policy you are agreeing to is that you will be charged for your absences unless there
are exceptional circumstances, or it is part of a pre-arranged Holiday period (your 4 weeks' holiday
per year or my sick days or my holidays). I will do my best to inform you of my holiday in good time
and I ask you to do the same. I would ideally like at least 4 weeks' notice of any holiday. My holiday
will not usually last more than 2 weeks. If I must be absent for an extended period, I will consider
finding cover from another professional counsellor if you request it.

Endings – There are important psychological processes which arise when people develop a
relationship for a limited duration, as within our therapeutic relationship. Endings are important
but difficult part of this process, so it is important to give time to respect the ending of the
relationship and not just to cut it off. If you are absent for 2+ sessions I will try to contact you. If you
wish to end therapy, this can be a great thing, if attention is paid to endings in the final sessions.

Your information – see the [Client Privacy notice](#) and my [Data Handling Privacy Notice](#).

Confidentiality – Everything you say to me is treated as confidential, with some exceptions. I must
discuss your case with my supervisor under BACP rules. This is a confidential discussion. Talking to
my Supervisor aids my development as a counsellor and helps me to aid your development better
too. The other exceptions to confidentiality are around legal requests for information (i.e. requests
from courts), your written request to share information and my ethical responses to you disclosing
an intent to harm yourself or others. See the [Client Privacy notice](#) and my [Data Handling Privacy
Notice](#).

Ethics – I adhere to The BACP's [Ethical Framework for the Counselling Professions 2018](#). If you have
any issues around your treatment by me, I would appreciate it if you discuss it with me initially. This

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could be a moment of real movement in the therapeutic relationship. Afterwards, if you still have concerns about my competency or the way you have been treated you can talk to [the BACP's 'Ask Kathleen' service](#) about it.

Goals – It is important that we agree on therapeutic goals to work towards. These goals will be discussed and possibly amended later (with added signature and date or in a new contract) in reviews throughout the year, where we will discuss progress and changing them.

Your goals in therapy are: _____

Informed consent - Our therapeutic relationship should be built on trust and openness between you and me, our contract will not be effective until you have had an opportunity to read, consider and query any aspects of these terms and conditions. Please keep a copy for reference.

You agree to the terms set out above and will collaborate, to the best of your ability, with your counsellor (Indigo).

Client's signature: _____

PRINT Name: _____

I agree to work with this client to the best of my ability, while fully adhering to (BACP) ethical guidelines of the counselling profession.

Counsellor's signature: _____

Date: _____