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Compact for Couples Therapy

The following are details of practical arrangements, ethical considerations, commitments and expectations that need to be negotiated and agreed upon commencement of couples therapy

Exploratory session:

The aim of this session is for the clients and therapist to meet and discuss the presenting issues, establish what mode of therapeutic work is appropriate, and whether they wish to work together. Since couples therapy involves a substantial commitment from all parties, it may sometimes require more than one session before a final decision can be made. The standard fees apply.

Further sessions:

An initial commitment is usually made for a certain number of sessions at the end of which progress is reviewed. This may feel sufficient or we may agree to further therapeutic work which could be time-limited or open-ended. Sessions are usually weekly or fortnightly, and usually last for fifty minutes. Sometimes longer sessions of 75 minutes are recommended.

Finishing:

The process of ending is often a very important part of the therapy and if the work is open-ended it is important to allow sufficient time to consider the issues that arise at this stage. The time needed for this will vary according to the length and depth of the therapy.

Holidays and Missed Appointments:

I will normally take eight to ten weeks holiday a year which usually includes a three week break in the summer and breaks of one week at school half-terms. Sessions cancelled by me for this or any other reason will not be charged for. I will endeavour to give as much notice as possible of holiday breaks so that you can take these into account when arranging your own if you wish. For pre-arranged sessions cancelled by the client (including holidays) the normal fee will still apply, but an alternative time in the same week may be offered if available.

Fees:

Fees will rise from time to time (not normally more than once a year) and at least one month's notice will be given. Payment is due at the end of each month for the preceding month. The current scale of fees is as follows:-

50 minute session: £60.00

75 minute session: £90.00

Confidentiality:

All information given during couple therapy is confidential to myself and my professional supervisors, unless otherwise agreed with the clients or required by law.

Medical Treatment:

If you are under psychiatric treatment from either your GP or a psychiatrist I would expect you to inform him/her that you are having couple therapy, and to keep me notified of any drugs being prescribed to you and of any changes in prescription. It is also important that you let me know if you have any history of mental illness, and of any past or present problems that you may have with drug or alcohol addiction.

Code of Conduct:

The sessions are a space for the clients to freely explore, reflect upon and express themselves and their relationship, with the proviso that the therapeutic environment and the boundaries and conditions contained in this contract are respected.

I work in accordance with the BCPC (Bath Centre for Psychotherapy and Counselling) Codes of Ethics and Practice, a copy of which you may have on request. BCPC is a member organization of the United Kingdom Council for Psychotherapy.

Jon Hastings

(modified June 2012)