

JON HASTINGS (UKCP Registered)

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Compact for Individual Psychotherapy and Counselling

The following are details of practical arrangements, ethical considerations, commitments and expectations that need to be negotiated and agreed upon commencement of counselling or psychotherapy.

Exploratory session:

The aim of this session is for the client 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 both counselling and psychotherapy involves a substantial commitment from both parties, it may sometimes require more than one session before a final decision can be made. The standard fee applies.

Counselling:

An initial commitment is usually made for a certain number of sessions at the end of which progress will be reviewed. This may feel sufficient or may lead on to further counselling or psychotherapeutic work. Sessions are usually weekly, though in some circumstances may be less frequent, and usually last for fifty minutes.

Psychotherapy:

This is a deeper and longer term process that is likely to take at least a year and may take several years to complete. We make a commitment to meet at least once a week, and sometimes two or three times a week may be recommended. Frequency of sessions may vary through different stages of the therapy. Each session lasts for fifty minutes.

Finishing:

The process of ending is often a very important part of the therapy and 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 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:-

One (or fewer than one) sessions per week.....£	per session
Two sessions per week.....£	per week
Three sessions per week.....£	per week

Confidentiality:

All information given during counselling or psychotherapy is confidential to myself and my professional supervisors, unless otherwise agreed with the client 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 psychotherapy or counselling, 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 client to freely explore, reflect upon and express themselves, 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)