

## CLIENT-THERAPIST AGREEMENT

Therapy is a partnership of mutual trust and respect - I look forward to helping you achieve your goal(s). Thank you for coming to see me and I will ask you to sign and date this form at your first appointment, to confirm you have read, understood and consent to this Client-Therapist Agreement.

### ***My commitment to you***

- I will act with integrity, openness honesty and professionalism in everything I do.
- I am usually contactable by telephone 9am to 5pm each day or you may leave a message. I will endeavour to return your call within 24 working hours.
- I will not make decisions for you, but I will offer suggestions if this is desired.
- I will be upfront about my fees. Each **90min session costs £111** and a block of sessions must be paid when booking, or deposit / payment plan made.
- I am open to **feedback** about how I can improve my service.
- Complaints should be raised with me in the first instance. If a successful resolution is not reached you may access my professional body's complaints procedure
- I use a range therapeutic techniques according to what I believe will work best for you, including Hypnotherapy, IEMT and NLP and I am happy to discuss any technique and your preference.

### ***Your commitment to me***

- To be open and honest with me at all times.
- Please let me know immediately of any concerns you have about our work together.
- Attendance of appointments is essential. Please value and prioritise your appointments.
- Please provide **24hrs notice by phone, text or email if you cannot attend your appointment. Failure to provide this notice incurs a cancellation fee of £111 (full payment).**
- To understand appointments end at the agreed time and full fee applies, even if you arrive late.
- To **pay the fee in full at the time of booking** your appointment.
- To understand that the achievement of positive outcomes can require considerable effort by you.
- You are free to leave therapy during a session and the full 1 hour fee applies.
- The time for concluding a course of therapy is normally agreed between client and therapist. However, you are free to leave a course of therapy, with notice as described above, at any time.

### ***How to benefit most from therapy***

- Personal **change can be swift or slow** dependent on many factors, including personal motivation, the severity and complexity of the problem and how ambitious your goals are. Please be **patient**.
- Come with a **positive expectation** that therapy will be helpful and productive.
- **Speak openly** about your ideas of what will help.
- Understand that change requires **practice, perseverance** and **responsibility** on your part.
- Be aware that no therapist can offer a guarantee of a cure or improvement but with your desire and commitment hypnotherapy can be a **very effective way of making changes you want to make**.

### ***Privacy***

- Records are strictly confidential unless you have given me permission to speak to others, or if I am required to disclose information by law, or I believe there is a risk to yourself or others.
- Records are kept in a secure filing cabinet with a key, and kept for legal and insurance purposes only.
- By signing below, you (the client) confirm you agree to the privacy policy.

**Signed (at first session)**

**Date**

**On behalf of Child's name (if applicable)**