

Counselling Agreement

Counselling Sessions

Your counselling sessions will last for 50 minutes and I offer weekly counselling of up to one year excluding holidays and closure of the building.

Cancellations

Should you need to cancel an appointment please give me a minimum of 24 hours notice.

I will not be able to keep the counselling space open for you in the following circumstances:

- If you do not attend 2 counselling sessions without contacting me.

Confidentiality Policy

Your counselling sessions are confidential within the service and this confidentiality will apply to any records in accordance with the General Data Protection Regulation.

All counsellors are required to be in supervision and I will take relevant issues from the counselling relationship into supervision. In supervision, I will take care to preserve clients' anonymity.

In exceptional circumstances confidentiality may be broken. The circumstances could include:

1. Where you as a client give consent for the confidence to be broken.
2. Where I feel it is appropriate to consult with, or involve other professionals such as your GP in circumstances where there is a risk of harm to you or to a third party. In such cases I will discuss any action with you first and seek to gain your co-operation.
3. Where in extreme cases I am legally compelled by a court of law.
4. Where statutory law requires me to inform the relevant authorities (such as terrorist activities, drug trafficking or abuse of a child or vulnerable adult).

Complaints Procedure

The Log Cabin Counselling Service adheres to the BACP (British Association for Counselling and Psychotherapy) Ethical Framework for Good Practice and a copy of this code is available on request.

For further information please visit our website www.logcabin.org.uk

Counsellor _____ Client _____ Date _____

