

Psychotherapy Contract

This is a mutual agreement between the client _____ and the psychotherapist, Angeles Fiallo Montero. It outlines the responsibility of the psychotherapist towards the client, and also the client's responsibility in the psychotherapeutic relationship.

The psychotherapy sessions

The aim of the psychotherapy sessions is to provide you, the client, with a confidential opportunity to explore personal issues safely. The role of the psychotherapist is to help you through this process without judgment. The psychotherapist may on occasions give or offer suggestions and may help you establish your therapeutic goals.

The psychotherapist draws from integrative creative approaches to lead the psychotherapy sessions; this can include movement, dance and other creative methods. It is your choice whether you use creative methods, talking or a combination of both in your sessions. Your psychotherapist's role is to guide and help you identify your needs. Whilst in the session, it is important you manage your own physical limitations to avoid any physical injuries. Please inform your psychotherapist of any past or current physical injury, pain or medical condition.

The psychotherapist

Angeles is Dance Movement Psychotherapist. She is a registered member of The Association for Dance Movement Psychotherapy UK (ADMP UK) and the UK Council for Psychotherapy (UKCP). She holds an updated professional insurance and DBS certificate.

Confidentiality

The psychotherapist maintains confidentiality in accordance with ADMP UK and UKCP the Codes of Ethics and Professional Practice. <https://www.psychotherapy.org.uk/ukcp-members/standards-guidance-and-policies/>
<https://admp.org.uk/about-us/documents/>

The psychotherapist may discuss your case or the content of your psychotherapy sessions with a clinical supervisor, as regular as necessary, to provide the best possible service to you. The clinical supervisor abides by their own professional standards of confidentiality. The psychotherapist will need to break confidentiality, by informing the relevant authorities, in cases where human safety is concerned. These include,

1. If you threaten to harm yourself or another person.
2. If we believe a child or protected adult is at risk of harm or abuse.
3. If the courts instruct us to give them information.
4. If you share information about a proposed act of terrorism or other illegal activities.

Your psychotherapist will first endeavour to discuss with you their decision for breaking confidentiality. However, your psychotherapist retains the right to break confidentiality without prior consultation with you should the situation require immediate action to safeguard yourself or others. Depending on the circumstances, your psychotherapist may contact your General Practitioner (GP), the social work duty team or the police. In certain cases, you, the client, may request that your psychotherapist share information concerning you. Written permission from you is required before your request is carried out.

Privacy Notice

You will be given a privacy notice with this contact. The sets out how your psychotherapist manages, stores and safeguards your data.

Length and frequency The sessions last 50 minutes. You would usually meet with your psychotherapist once a week, preferably at the same time and day each week, unless otherwise agreed.

Fees & Payment

Please see Helpspace payment policy

Cancellation policy

Please see Helpspace cancellation & refund policy

Endings

You are of course free to end therapy at any time. However, endings are an important part of the therapeutic process and, as such, it is better if these can be planned more effectively. You and your psychotherapist will discuss the length of your therapy work and how often you will review this. A 4 weeks' notice of your therapy ending is recommended so that you can safely close your therapeutic process with your psychotherapist.

Contact between sessions

You can contact your psychotherapist by email.

However, please note this is not an emergency service. If you need to speak to someone immediately, please contact your GP, NHS (999) or the Samaritans (0845 909090). Your psychotherapist may be able to bring your appointment forward or offer you a phone consultation (this may incur in an additional charge).

Best practice

To get the best out of your sessions please familiarise yourself with the Helpspace policies and guidelines.

Concerns

If you have any concerns about any aspects of your therapy, please talk with your psychotherapist in the first instance. If for any reasons you can't resolve your concern then please contact Helpspace. Alternatively, ADMP UK www.admp.org.uk or UKCP <https://www.psychotherapy.org.uk/>

Your agreement

Please sign below to indicate that you have read and accepted the information above

Client's Signature: _____ Name: _____ Date: _____

Psychotherapist's Signature _____ Name: _____ Date: _____

Client's information & contact details

Name: _____

Address: _____

Telephone: _____

Email: _____

Do you have any medical conditions that require specific emergency care or medication?

Do you have any medical conditions or physical injuries that your psychotherapist needs to be aware of whilst doing movement work?

GP name, location & contact _____

In case of Emergency, please contact _____

Further negotiations during psychotherapy can be recorded here: -