

CLIENT CONTRACT & INFORMED CONSENT

This contract is between Jurgita Dobilienė andand outlines the basic principles of us working together towards your therapeutic goals.

Welcome to my practice. I would like to extend a warm welcome to you for choosing my practice for your counselling and therapy needs. I am committed to providing a safe, supportive, and nurturing environment where we can work together towards your mental and emotional wellbeing.

Therapeutic Process and Nature of Therapy

The therapeutic process is collaborative and tailored to meet your unique needs and goals. It involves a series of structured conversations aimed at understanding your thoughts, feelings, behaviours, and experiences. Please understand that therapy often requires active effort on your part, both during and outside our sessions, and progress can sometimes be slow and challenging.

Confidentiality

Confidentiality is crucial in our therapy journey. Your privacy and trust are my top priorities. What you share in sessions remains confidential unless you explicitly agree otherwise. However, there are rare legal exceptions, such as if there's a risk of harm to you or others, or in cases of child abuse. While I maintain confidentiality, I undergo regular supervision to ensure service quality. If I have concerns about your safety or involvement in illegal activities, I'll discuss this with you first. Your privacy and well-being are always my primary focus.

Record Keeping

Your clinical records are maintained securely and confidentially. These records comprise essential contact information, session notes, any correspondence, and billing details. During and after each session, notes may be taken in compliance with the Data Protection Act (1998). These notes will be securely stored, and I will discuss the retention, disposal, or any other handling of such notes at the conclusion of our engagement.

Frequency of Sessions

Sessions typically occur once a week at a mutually agreed time, and each session lasts for 50 minutes. The frequency of sessions may be adjusted based on your needs and progress.

Sickness, Cancellation & Missed Appointments

If you are unable to attend a scheduled session due to illness or other unforeseen circumstances, please provide at least 48 hours' notice. Missed appointments or cancellations with less than 48 hours' notice will incur the full session fee. Please also see HelpSpace cancellation policy.

If, for any reason, I need to cancel a session I will endeavour to give you as much notice as possible and you will of course not be charged. If you have already paid you will be refunded, or the session rescheduled.

Fees & Payment

Payment for all sessions booked through HelpSpace is taken 48 hours in advance of the session.

Code of Ethics

I am a member of the British Association of Counsellors and Psychotherapists. I adhere to their Code of Ethics. If you are ever unhappy with anything that has arisen in your therapy, please talk with me so that I can respond to your concerns. If you feel that I have breached my code of ethics, you can contact BACP via the link above.

Review Sessions

Periodically, we will have review sessions to assess your progress and make any necessary adjustments to your treatment plan. This is an opportunity for you to provide feedback and discuss any concerns or changes in your goals.

Ending Therapy

Ending therapy is a mutual decision based on your needs and progress. Ideally, it involves a discussion and a planned final session. However, you have the right to end therapy at any time.

Social Media

To protect your privacy and maintain the therapeutic relationship, I do not engage with clients through social media platforms. Please refrain from making contact with me via social media.

Privacy Policy

Your privacy is important to me. Apart from the above-mentioned recordkeeping, I will not share any personal information about you without your explicit consent, unless required by law.

Yours Sincerely

Jurgita Dobilienė