



ALYSHA NICHOL
THERAPY

INDIVIDUAL Therapy Agreement between **Alysha Nichol** and _____

WHAT I ASK OF YOU:

Attend the sessions we have agreed; don't be under the influence of alcohol or non-prescription drugs; and pay for your session each week.

Contact me via Email or FaceTime audio on **info@alyshanichol.com**

IN RETURN, I WILL:

Attend the sessions we have agreed; not be under the influence of alcohol or non-prescription drugs; offer a professional service that meets, or exceeds, my governing body codes of ethics and practice; ensure my practice is supervised by an experienced therapist; ensure I have adequate professional indemnity insurance; and maintain strict confidentiality of our sessions unless:

- You say you are at immediate risk of harming yourself or someone else
- You say you are involved in terrorism, money laundering or an undisclosed road traffic accident.
- I am required to break confidentiality by Court Order

If I am required to break confidentiality, I will usually discuss it with you first.

Confidentiality also means I don't accept friend requests or communicate via social media.

PAYMENT:

My rate for Psychosexual & Relationship is £90 per 50 minute session and you can pay by cash at the end of each session. My rate for Bereavement Counselling is on a sliding scale from £60-£90. Payment by internet banking must be made within 1 day of your session. I am happy to provide a receipt.

CANCELLATION:

Please only cancel our session if there is a real emergency (and I will commit to the same). Where there are planned breaks, such as holidays, medical appointments or work commitments (such as training), please give me at least a week's notice. If you cancel a session without giving 48 hours' notice, you agree to be charged in full for the missed session. If sessions are frequently cancelled (either 3 sessions in a row or a regular pattern of cancellations), we may need to suspend appointments until a more suitable time.

Occasionally, I might not be available due to my training or pre-arranged professional commitments or holidays. I will give you at least four weeks' notice of these wherever possible.

SESSION DAY:

SESSION TIME:

Starting: [.....] for ____ sessions / [] open ended

SIGNED

..... (client) Date:

.....(Alysha Nichol) Date: