

Therapy Working Agreement

Below are some points aimed at creating clarity in our work together. It may be possible to re-negotiate in individual circumstance

Sessions

Are usually held weekly and are 50 minutes long and 1 hour for Biodynamic massage. As far as possible they occur at the same time and day each week. If you are late for a session, we generally need to finish at the previously agreed time. We will meet initially for 6 sessions at which time we will review the process to see if it is appropriate to continue and commit to the work for a longer period to go into your process in more depth. We will then continue to regularly review the work to ensure that you are still gaining benefit. It is difficult to say at the outset how long any therapy will take. An alternative is we will have an agreed amount of meetings and will review the process at the end to consider options.

Endings

Endings should be planned to gain the maximum benefit from the therapy as a whole. The end period may take some time depending on the length of the process but I request that you give at least a week's 1 notice of your intention to leave to enable the ending to be worked with.

Cancellations

Cancellation with less than 48 hours - notice will be charged at full fee unless there are exceptional circumstances in which case it might be possible to re-arrange the session.

Holidays

Notice of holidays or other absences should be given 3 weeks or more in advance. Continuity is important to make sure you get the most out of therapy and to give our relationship a chance to develop. Long absences and intermittent attendance can be counterproductive. I ask for a retainer to keep your space open if a long break is required

Confidentiality.

Please see my Privacy Statement

Other therapies

If you are receiving other mainstream or alternative health related treatments, it is helpful to know as it can affect our work together. Except in exceptional circumstances, other psychological therapies should not be undertaken whilst you are in therapy with me.

Fees.

The fee is £50. Please pay in cash at the session or by bank transfer on the day of the session. I keep a small percentage of places at lower cost for people with limited income. Fees are reviewed annually and I give you plenty of notice of my intention to increase them. I do charge for introductory sessions.

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

Caroline Duggan 2018