



Therapeutic Counselling & Life Coaching

Estar Wells BSc Psych (Hons) Dip.Couns MBPsS Reg MBACP

ONLINE COUPLES COUNSELLING CONTRACT

COUPLES COUNSELLING APPROACH

In a friendly relationship of acceptance, respect and non-judgement, my hope is that we can work together at a fast pace to build a new strength in your relationship for the road ahead more aware of how your own relationship works. After the honeymoon period, resentments often set in and the safety of the therapeutic environment promotes effective communication needed to resolve these difficulties. We will be working together finding ways to make progress and move forward quickly, exploring what already works well and finding different expressions of love and ways to communicate with each other.

Some couples decide they don't want to stay together, and when this happens, it's helpful through therapy to be able to make this transition with respect and kindness, moving forward as independent unique individuals.

ETHICS AND CODE OF CONDUCT

I am a fully qualified counsellor and member of the British Association for Counselling and Psychotherapy (BACP) and the British Psychological Society (BPS) and work within their ethical framework for good practice in Counselling and Psychotherapy. A copy of the ethical framework for good practice in Counselling and Psychotherapy can be found on the BACP's web site at http://www.bacp.co.uk/ethical_framework/ Couples are required to be committed to working together outside of the session. Obviously the more couples put in to their therapy, the more they will get from it and there are sometimes small 'homework' tasks set. Appropriate communication is expected (with my help) and so I cannot allow raising of voices or any physical or verbal aggression. Only one person will be able to speak at a time. I will need to treat both clients with equality and fairness, and so I will need to receive e-mails from each before the therapy starts and I will communicate with both whilst the therapy continues.

CONFIDENTIALITY

Everything you share with me will be treated as highly confidential. However the exceptions to this would be the following:

- In accordance with the (BACP), I am required to undertake regular supervision with an appropriately qualified and experienced therapist/supervisor. For this purpose, I may disclose some details of our work to my supervisor, but this does not require the name of the client.
- I may be legally or ethically obliged to break confidentiality, for example where I consider your welfare or the welfare of others to be seriously at risk.

Wherever possible, I will consult with you before breaching confidentiality.

DATA PROTECTION

I have used due diligence and taken time to check that electronic platforms used are GDPR compliant and I try very hard to make this process secure but it is your decision as couples clients to use their services and to read their terms and conditions. As required by the General Data Protection Regulation (GDPR) any hard copies of your name and contact details will be kept in a secure, locked cabinet and electronic material will be kept securely in devices which are password protected and encrypted. I will not keep data any longer than is necessary and it will be destroyed securely at the end of the recommended period of retention.

SESSIONS

Normally we will meet online through the secure Zoom platform on a weekly basis at a regular time for the 60 minutes couples counselling hour. Total privacy will be provided from here and the session will require you to have privacy for yourselves in a quiet room if possible. Some clients prefer to do sessions every two weeks and should you need or want extra counselling sessions during the week, this can be arranged, but this depends on my availability.

It may be helpful to attend 6 online weekly sessions, after which we can review the couples counselling process and negotiate further sessions as appropriate. However the aim is that the counselling process is kept to a minimum number of sessions to save expenses for the client.

FEES AND MISSED OR CANCELLED APPOINTMENTS

Fees are due at before the appointment by BACS (Sort code 090129 Account no 30253300 made payable to Estar Wells, with your own name as reference) and couples will need to decide beforehand who will be paying for the session. Your fee for couples counselling will be £50 per session. Whereas scheduled breaks such as holidays will not be charged for, my normal fee will be charged for non-attendance or cancelled sessions, unless you are able to give me at least 48-hours notice. Wherever possible if I need to cancel an appointment with you, I will give you at least 48-hours notice.

ARRIVING LATE OR TECHNICAL PROBLEMS

If you arrive late for a session, I will not be able to extend the session beyond the allocated time. This is because other clients would be affected. However I also understand that it can be difficult for technical reasons to connect sometimes online. I will do my best to adjust to any delay because of this, within reason, due to technical problems at either end, but I need to be mindful of the next client who needs their session at the designated time. At peak times there could be a possibility of being disconnected from the internet which would be beyond our control. If you are unable to get online you might want to leave me a text message on 07951 776813 and I will do the same for you on the number you have provided should I not be able to get online temporarily. If necessary we may need to either continue the session via telephone, or reschedule the session, should we continue to have technical difficulties. Similarly, should there be any difficulty gaining a signal for telephone counselling, we may need to reschedule again due to circumstances beyond my control.

ENDING COUNSELLING

Normally the ending of the couples counselling contract would be by mutual prior agreement and will draw to a natural close as the sessions go on. However you have the right to end your counselling at any time. I would appreciate if you could let me know if you feel you would like to end the sessions and that will be no problem.

I understand and agree to the terms and conditions of the above contract.

Client name:

Client signature:

Therapist name:

Therapist signature:

Date: