



Standard Form of Agreement for **Counselling and Psychotherapy**

Client's copy Counsellor's copy

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Introduction

The purpose of this **agreement** is to set out clearly the arrangement for counselling or psychotherapy services (the '**service**') between you as my **client** and me, your professional **counsellor** or psychotherapist. This **agreement** gives us the opportunity to set out, from the start, a description of the therapeutic process, any agreed goals, costs and timescales. It also sets out rules governing the counselling, and the boundaries that will apply during the period the **service** is being provided.

This **agreement** document is a framework of 'good practice'. You and I can fill in the details to describe your counselling or psychotherapy **service**. We do not have to fill in all of the sections but it is important that you ask me to explain any part of this **agreement** that you do not understand or are concerned about.

At all times, the counselling or therapy I am offering and the terms of this **agreement** should be consistent with the code of ethics published by my **professional organisation**. Please see page 12. You can find details on the website of the relevant **professional organisation** or by writing to them.

Definitions

Words that are defined, as set out in the table below appear as bold text throughout this **agreement**.

Agency	An organisation that employs me to provide the service .
Agreement	This document.
Client ('you')	The person or people receiving the counselling or psychotherapy.
Counsellor ('me' or 'I')	The person providing the service as set out in this agreement .
Counselling period	The number of counselling sessions you and I have agreed to hold.
Fee	The price payable for the service .
Professional organisation	The professional organisation I belong to, (name and contact details on page 12). We will follow their code of ethics and complaints procedure under this agreement .
Service ('counselling' or 'therapy')	The process of counselling or psychotherapy as set out in this agreement .