

Chai-Yoel Korn Psychotherapy Contract

www.chaiyoelkorn.co.uk

This new contract replaces and revokes any earlier contract I have made. The guiding principles of the previous contract remain the same and I continue to work under my membership organisation National Counselling and Psychotherapy Society's Ethical Framework. This contract sets out my responsibilities as your therapist and your responsibilities as my client.

For the client, I ask you to please:

- Attend therapy on an ongoing basis weekly/ fortnightly/ monthly
- Note that our session fee will be paid as agreed: weekly/ invoiced monthly.
- If you have chosen to pay by invoice, then you will pay within 7 days to avoid incurring any further charge.
- Try to arrive on time and understand that the session will finish at the usual organised time even if you have arrived late. Sessions will last for a traditional therapy hour, which is 50 minutes. In certain circumstances it will be a negotiated longer session.
- If you want to reschedule a session, I will try to be as flexible as possible depending on the circumstances. Where possible I ask for a minimum of 48 hours' notice, I understand that this is not always possible.
- Any concerns around cancellation or rescheduling patterns will be discussed with you in session. If you don't attend without notice, you understand that you will be charged for the session.
- To inform me as your therapist of any upcoming breaks or holidays with a minimum of one week's notice. Just so we can plan for any breaks in our therapy work as this is my ethical way of working.
- That contact between sessions must be limited to practical matters regarding bookings.
- That there is the possibility of you sending an email just for emotional holding, we will process any of these in our next session.
- To not attend sessions under the influence of drugs or alcohol.
- That I as your therapist reserve the right to end a session if there is any discriminatory, emotionally, or physically threatening behaviour.
- That I as your therapist will only write letters when we have had at least 12 sessions together, I charge £50 to £100 for any letter, price depends on how much detail is needed.
- I understand that the agreed fee will be reviewed in April each year where your financial circumstances will also be considered in the review process, I will try to meet your financial needs where possible.
- That I will raise any concerns, problems or complaints about our therapy work in session.
- Note that endings are important in therapy. Endings are not the same as a cancellation. We will decide together when you are ready to bring our therapy to an end. I ask you discuss this with me as your therapist, you are asked to give at least two weeks' notice to end our therapy work. It is important therapeutically that you attend an ending session with me. If you chose not to attend the ending sessions that is your choice, but I still do charge for both sessions, as this is about valuing you as my client and the work we have done.

I the Psychotherapist agree to:

- To provide ongoing psychotherapeutic counselling, and sometimes I will guide you to other support services.
- To always ensure a professional relationship I work under the National Counselling and Psychotherapy Society's ethical framework.
- To provide a confidential service unless I feel that you or another are at risk of harm, or serious criminal activity is disclosed. In these cases, I will endeavour to speak with you first.
- Where we may live, work, or socialise in the same community your confidentiality is still upheld, and we will discuss these boundaries in session.
- To offer regular reviews to ensure that our work continues to meet your presenting needs.
- As someone with lived experience of disability and chronic health needs, I try to be as flexible as possible when clients come with these presenting needs.
- That if I cancel for any reason to contact you giving as much notice as possible, I will in most circumstances offer a minimum of one week's notice, this may not always be possible when sickness or an emergency comes up.
- To make you aware of any upcoming breaks or holidays with a minimum of one week's notice.
- That you will not be charged for any sessions I cancel. I will try to offer an alternative day and time if possible, depending on the circumstances, or offer an online session if in person is not possible.
- That your therapy notes will have no identifiable details about you and will be kept in a locked filing cabinet.
- To offer regular reviews to ensure your therapy objectives and needs are being met.
- To attend regular clinical supervision and CPD to continually reflect on and develop my practice.
- If there are any problems or complaints about our work, I will only deal with any issue raised in session. It is not respectful to the development of our therapeutic relationship to do this via email. If raised by email it will be dealt with in the following session.
- If the problem or complaint is seen as discriminatory against me as the therapist, I will try to work this through with you in session, or I may decide to end our work immediately or refer you on.
- To offer an ending with every client as endings are important for both the client and the therapist.

Signed Client: Date.....

Signed Psychotherapist: Date.....

Therapist Contact Details:

Name: Chai-Yoel Korn (gender pronouns they/ them)

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National Counselling and Psychotherapy Society Accredited Member: NCS19-08622