



Kim Sturgeon
Counselling & Psychotherapy

COUNSELLING & PSYCHOTHERAPY AGREEMENT/ CODE OF CARE

Professional standards

I am a qualified integrative counsellor/ psychotherapist and have studied to level 6 (BA Hons) in Integrative Counselling/ Psychotherapy.

I am a registered member of the British Association for Counselling and Psychotherapy (**BACP**) and follow their ethical framework. My register number is 381243. I hold appropriate professional liability insurance.

How I work

As mentioned, I have trained in Integrative Counselling/ Psychotherapy. This means that I draw on a number of different theories and approaches to inform how I work which fit into my personal philosophy. Primarily I aim to listen and respond to you as a whole person within the context of **your** life. This may include exploring your relationship with yourself, others, nature, spirituality etc and how you form meaning from this. I see the relationship between counsellor/psychotherapist and client as being extremely important to the work and draw on primarily **humanistic** and **existential** theories with the intention of valuing, accepting, and understanding you from your perspective. With this in mind, it may be useful if you could share any thoughts or feelings about our work together as we progress. I also often incorporate creative ways of working, and am happy to work with visual images, metaphors, symbols, music and writing in order to help to explore what might be unconscious or otherwise uncommunicated. If you have any questions, please don't hesitate to ask.

Sessions

Each session will last for approximately **sixty** minutes and is generally held on a regular day and at a regular time. Please discuss this with me if necessary.

Fees are £45 per session. I accept cash or card at our session, or BACS payment to be received no later than our session time. I have a limited number of spaces available at a concessionary rate for those who may have a low income. Please contact me to discuss.

I am happy to work on either a short-term or long-term basis. The number of sessions that you require will be mutually agreed and reviewed regularly.

Cancellations/ Missed Sessions

If you are unable to attend a session, please inform me as soon as possible and no later than

48 hours prior to our arranged time otherwise the full session fee will be charged.

If you are running late, please let me know as soon as you can. I will attempt to offer you the full session, however this may not be possible, and the full session fee will still be charged.

Confidentiality

Everything we discuss within our sessions together will be kept confidential.

Exceptions to this are –

- To maintain safe working practice and to develop learning and skills, I attend regular supervision in which I will discuss our work together. Supervision is confidential.
- If I believe there to be **serious risk of harm to yourself or others**, I would want to contact your GP or other appropriate person. These details will be required from you before moving forward with sessions. However, I will discuss this with you at the time and always aim to receive your full consent prior to making any contact.
- If you disclose any **serious illegal activity**.
- If I am subpoenaed by a court of law.

For clients that live in Plymouth or surrounding areas, there may be times that we see each other in public. In this instance, I will not make initial contact with you. Please be assured that this is purely to respect your privacy, and of course I am happy to say hello if you wish.

However, please do not invite me to personally connect on social media such as Facebook as doing so is not permitted under my code of ethics.

Contact

I can be contacted by mobile on **07923601626**
or at kimsturgeon@protonmail.com to **amend** or **cancel** appointments.

I will respond as soon as possible.

I am not able to respond to emergency situations. If you are in crisis, please contact an appropriate person such as 999 or the Samaritans (free 24 hours) on 116 123.

Conduct

If it is clear that you have arrived to a session under the influence of alcohol or other mind- altering substances, I will be **unable** to work with you at that session. This is in the interest of safety for both you and myself. I will consider this as a missed session, and as a result the full session fee will still be charged.

Abusive behaviour will **not be tolerated**, and I reserve the right to terminate our session if this should occur. I will then consider this as a missed session, and as a result the full session fee will still be charged.

If you are unhappy with our sessions

If you are unhappy about any aspect of our work together, please do let me know. In the first instance it can be useful to talk about where something may have gone wrong and work together to improve or repair this.

Alternatively, or if you feel the issue has not been resolved, you can submit a complaint to the BACP. Post your complaint to: BACP House, Unit 15, St. John's Business Park, Lutterworth, LE17 4HB, or email it to professional_Conduct@bacp.co.uk.

You can find support with this here: <https://www.bacp.co.uk/about-us/protecting-the-public/professional-conduct/how-to-complain-about-a-bacp-member/>

Ending

You are free to end our sessions together at any time in accordance with the cancellation policy detailed. With this in mind, it is often useful to have a closing session to say goodbye as part of the therapeutic process.

I fully understand the terms of this agreement:

Client's name:

Date:

Signature:

Counsellor's signature:

Date: