



Grace Counselling Centre

COUNSELLOR-CLIENT RELATIONSHIP AGREEMENT

TO BE COMPLETED BY THE CLIENT BEFORE THE THERAPEUTIC COUNSELLING WORK BEGINS

The following document is intended to confirm a professional Counselling relationship between the two parties indicated below. This contract is subject to re-negotiation at any stage of the working relationship by the agreement of both parties.

COUNSELLING AGREEMENT BETWEEN

Grace Counselling Centre(GCC) and _____ (Client)

I. Confidentiality

- A. Everything that is discussed will be kept in strict confidence.
- B. If you are being treated by your doctor for emotional difficulties, it is important that you inform him or her about me, and vice-versa.
- C. I will not confer with your doctor without your knowledge and permission.
- D. If there is convincing evidence that you intend to harm yourself or others, I will need to break confidentiality by informing your doctor, or in serious cases the police; again, this would only take place with your prior knowledge.
- E. Notes and records about you will be securely stored.
- F. In the event that your case shall be used for counselling research and publication, your permission will be requested to use unidentifiable information of our work together. You are under no obligation or duress to agree to such a request and your refusal will be accepted without further comment. All such request will be put to writing.

II. Sessions, Attendance, Cancellations and Holidays

- A. Counselling will occur only at a facility agreed upon by both parties. For this matter, all counselling sessions will be held at the counselling rooms of Grace Counselling Centre.
- B. Each session should be scheduled before hand and should be agreed on by the counsellor and the client.
- C. Each session will last for one-hour, as scheduled.
- D. Further extensions will be charged on an hourly basis.
- E. The whole session time belongs to you, whether you choose to attend or not, and the counsellor will be present for the entire time of the session.
- F. If you arrive part way through your allotted time, the counsellor will see you for the remainder of the time.
- G. Cancellation of an appointment with less than 24-hours' notice or failure to show for an appointment will incur the full fee.
- H. There may also be occasions when the counsellor cannot attend your session because of illness or other pressing reasons. GCC will try to give you as much notice as possible of any cancellation and will offer an alternative time.
- I. For cancellations and alterations please leave a message at 98953786.
- J. In cases of emergencies, you are advised to call the police/civil defense/ambulance for help.

III. Fees for Individual Face-to-Face Counselling

- A. \$150 per session (60-minutes) with our counsellors and therapists which should be settled on the day itself.
- B. \$200 per session (60-minutes) with our counselling psychologist which should be settled on the day itself.

IV. Duration of Counselling Relationship

- A. The length of the relationship will be agreed on between us. We might work together for a few weeks and then review things. It is important for you to know that it is the Client who has the deciding say on whether or not to continue.
- B. It is hoped (and intended) that our therapeutic relationship will have helped to overcome the presenting problems/difficulties sufficient to enable you to develop a greater purpose and autonomy in your life without the support and continuation of further counselling. Of course, this is something that whilst remaining an objective of our work cannot be predicted, as each individual client brings into the therapeutic work: present day behaviors, childhood traumas, patterns of relating, coping mechanisms, particular perspectives and expectations from their own diverse and unique life experiences. Often the presenting problem or the reason for seeking counselling can act as a facilitator of other unknown or hidden emotional material that then emerges in to consciousness as a result of the initial sessions. If so, further work can begin to help resolve the difficulties should you choose to do so.
- C. Sometimes you may feel that the counselling sessions are not helping you. In these circumstances, the Client is not obliged to continue with the counselling relationship.
- D. A counselling client who has not kept in contact with GCC for a minimum of 3-months and has not responded to any GCC messages will lead to an automatic termination of the counselling relationship.

V. Commitment

- A. At times counselling can be very demanding, frustrating, and threatening; there can be a real reluctance to attend. I would ask you to make a firm commitment to attending regularly and keeping absences at a minimum. Too many gaps will slow down the progress of the counselling work.

I agree to the terms and conditions of the agreement as detailed above.

Client's Name: _____ Signature: _____ Date: _____

For Grace Counselling Centre:

Name: _____ Position: _____ Signature: _____ Date: _____