

Therapy Agreement – Charlene Jimenez Robles Psychologist

Commitment to Therapy

Psychotherapy is a process that aims to explore the struggles and challenges you may be experiencing and which may be preventing you from living the way you would like to. This process requires commitment from both parties.

We can agree to work short-term for an agreed number of sessions, therapy cannot, however, provide a quick fix to long-term entrenched patterns of behaviour or thinking.

I will commit to hearing you and to challenge you, respectfully and supportively to reflect upon the way you think, feel and relate to yourself and to others.

I will be present and available to you throughout each session and will offer you the support you need in order to explore the difficulties you are experiencing.

I will be reliable and punctual and will ask the same commitment from you.

Your commitment will be to attend each of your sessions and explore your life, your experiences and your relationships as honestly as you can. By doing so you will provide yourself with the best opportunity to understand yourself and where you can make changes which will be beneficial.

We will review how the work is progressing periodically and discuss the right time to bring the work to a close.

By attending sessions with me it is considered that you accept this Therapy Agreement.

Confidentiality

It is vital to the process that therapy is a confidential space so that we can work together safely.

I will not discuss our sessions with anyone except my clinical supervisor. I will remain mindful of your privacy and shall not disclose in supervision your name or any other details you share with me which might identify you.

Confidentiality may be broken *only* if your own or another person's life is in danger, or if there are serious child protection concerns. Whenever possible, I would discuss with you first the decision to break confidentiality.

Payment of fees

You commit to pay the fee of €60.00 for each session individual psychotherapy. Initial Consultation fee €50 and Couples therapy €90. Payment can be made before the session on the website or Bizum and ping or at the start of the session in cash.

If you fail to pay the fee for any session I will not offer you another appointment until the outstanding amount has been cleared.

I will give you one month's notice if I intend to increase my fees.

Cancellations

You will be charged the full fee for any booked session you fail to attend without providing one week's notice of cancellation.

In the event of certain unavoidable situations where you are unable to give one week's notice, I may negotiate a reduced fee for that particular missed session.

I will give you notice of any plans I have to be away and will inform you as soon as I can if something urgent arises which means that I need to cancel your session. You will not be charged for sessions I miss.

Complaints

If you have any concerns about me during our work together it would be helpful to raise them in our sessions so that we can work together to resolve them. Attempting to repair any disagreement or misunderstanding between us forms an integral part of the therapeutic work.

If you feel unable to do this, or you do not feel that we can resolve your concerns together, you can contact my professional membership organisation, BACP <https://www.bacp.co.uk>

Last reviewed July 2020