

# Freya Lampard

HUMANISTIC & INTEGRATIVE PSYCHOTHERAPY

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## Client Agreement

Your psychotherapy sessions will last fifty minutes, taking place weekly at our agreed time and place. Currently my fee is £40 per session. As I keep our session time exclusively for you, all sessions will be charged for, other than my breaks of which I shall notify you in good time. I normally will take these during school holidays; two weeks at Christmas and Easter and four weeks in August.

I am a Psychotherapist in the final stages of training with Bath Centre for Counselling and Psychotherapy (BCPC) and a member in training of United Kingdom Council for Psychotherapy (UKCP). Both of these are professional bodies with a Code of Ethics and Practice to which I adhere. Within this professional framework I receive the required supervision and peer supervision for my clinical practice, whereby your confidentiality will be maintained. In exceptional circumstances where this may not be possible i.e. when someones life is in danger or where the law requires me to disclose information, I would endeavour to let you know of this and wherever possible discuss it with you first. As part of this confidentiality if we accidentally meet outside of our contracted sessions I will acknowledge you in a brief and friendly manner, unless you express a wish not to be acknowledged.

Psychotherapy is usually an open ended process with no fixed time limit. During the course of your therapy it is likely we will discuss together when it feels appropriate to end, as part of that process. If for any reason you decide to end before this, it is valuable to allow a number of sessions so we may explore your decision and acknowledge the ending.

Please feel free to discuss with me any of the above, or other aspects of your therapy now or at any point in our work together.

Clients Name ..... Psychotherapist .....

Signed ..... Signed .....

## Client Details

Address ..... Telephone .....

..... Email .....

..... Doctor .....

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