

# Chand Counselling – Online Working Agreement

The following is information about how I work. Please let me know if there is anything that does not make sense or that you are not comfortable with.

## **Confidentiality**

What you share with me I treat as confidential. Confidentiality includes my supervisor (another experienced therapist); every counsellor/psychotherapist working to UK Ethical Codes has a supervisor. This is to make sure we're all working as well as we can be.

The only time I may need to break confidentiality is if I'm concerned about harm to yourself or to someone else. I would talk to you about this first though, if at all possible.

I request that we use Zoom for sessions to be confident our exchanges are confidential. I also ask that you find a private physical space from which to have our sessions (but not from bed etc.!). Finally, please note that I do not permit recording of sessions – please discuss with me if this is a problem.

## **Data Protection**

I'm registered with the ICO (Information Commissioner's Office) and work in line with General Data Protection Regulation (GDPR) – UK data protection law.

The data I need to store for us to work together are your contact details (requested at the end of this document) and any emails between us. This is so that I may communicate with you regarding appointments, invoicing, or in an emergency. I don't share this data with anyone else; and I keep this information for 7 years after therapy ends. In the event of something happening whereby I am physically unable to contact you myself. My nominated contact would then access your telephone number/email to let you know.

## **Medical Conditions**

I'm interested in any physical or mental health diagnoses you'd like me to know about prior to meeting. For example, diabetes, depression, epilepsy, etc.

I ask about physical health in case of any urgent needs during a session. With regard to mental health history/diagnoses, I ask in case this gives a fuller picture of you, and hence how you might best be helped. None of this information is shared with anyone else; and it would be stored for 7 years after our last contact.

## **Code of Ethics**

I work to the Ethical Framework (2018) set out by the British Association for Counselling and Psychotherapy; there is a copy on my website; I'd be happy to show you one too. I also consult the Ethical Framework for the use of Technology in Mental Health (OTI, 2009) and the Ethical Framework for the use of Technology in Supervision (Anthony, Nagel & Stretch, 2012).

## **Length of Sessions**

Sessions are 50 minutes. Usually we will meet on a weekly or fortnightly basis at a regular time.

## **Duration of Therapy**

There is no obligation from my point of view to work together for any set period of time. If not ongoing, some people start with six sessions before reviewing. Regarding endings, my hope is that we say goodbye with some notice.

## **Cancellations and Re-arranging Continued**

If, on the odd occasion, you ask to re-arrange rather than cancel with less than 7 days' notice I'd do my best to accommodate in the same week. If I'm unable to, the fee stands.

If it was me that asked to cancel or re-arrange (this would only be in an emergency), I'd also try to give you 7 days' notice. If it's not possible for me to give this notice and we are unable to rearrange in the same week, you'd be entitled to a session without charge.

## **Technical Problems**

During a session, in the event that we have technical problems and are unable to re-connect within ten minutes then I ask that we re-arrange the session by telephone or text message and there would be no extra cost.

I'd prefer that we reserve texts for such urgent issues on the day of a session; and otherwise use email/telephone.

## **Device**

If possible, please use a screen larger than a phone for this kind of conversation; and keep it on a flat surface (rather than hand-held) so I don't get dizzy..

## **Payments**

Your fee will be agreed between us (varies sometimes if concessions are needed). I kindly request that payment – by online transfer - is received within 24 hours of the session. I invoice on a monthly basis; I am not expecting payment for the month in one transfer.

## **Social Media**

I don't accept friend or contact requests from current or former therapy clients on social networking sites (Facebook, LinkedIn, etc). I think that adding clients as friends or contacts on these sites can compromise our respective privacy.

## **Personal Details**

Full name(s):

Address(s) – home and where the session is taking place, if different:

Telephone number(s) (including country code):

Doctor/GP name(s)/address:

Emergency contact name and number:

Medical conditions (optional):