



ALYSHA NICHOL  
THERAPY

INDIVIDUAL Therapy Agreement between **Alysha Nichol** and \_\_\_\_\_

**WHAT I ASK OF YOU:**

Attend the sessions we have agreed; don't be under the influence of alcohol or non-prescription drugs; and pay for your sessions.

Contact me via iMessage, Email or FaceTime audio on **info@alyshanichol.com**

**IN RETURN, I WILL:**

Attend the sessions we have agreed; not be under the influence of alcohol or non-prescription drugs; offer a professional service that meets, or exceeds, my governing body codes of ethics and practice; ensure my practice is supervised by an experienced therapist; ensure I have adequate professional indemnity insurance; and maintain strict confidentiality of our sessions unless:

- You say you are at immediate risk of harming yourself or someone else
- You say you are involved in terrorism, money laundering or an undisclosed road traffic accident.
- I am required to break confidentiality by Court Order

If I am required to break confidentiality, I will usually discuss it with you first.

**Confidentiality also means I don't accept friend requests or communicate via social media.**

**REQUESTS FOR WRITTEN ASSESSMENTS/LETTERS:**

I do not provide written assessments/letters for healthcare professionals, employers or legal matters as this is not a part of my practice policy. Requests for letters/written assessments will be rejected.

**PAYMENT:**

My rate for Psychosexual & Relationship Therapy is £90 per 50 minute session. My rate for Bereavement Counselling is £60 per 50 minute session. Payment by BACS internet banking must be made within 1 day of your session ending.

**CANCELLATION:**

Please only cancel our session if there is a real emergency (and I will commit to the same). Where there are planned breaks, such as holidays, medical appointments or work commitments (such as training), please give me at least a week's notice. If you cancel a session without giving 48 hours' notice, you agree to be charged in full for the missed session. If sessions are frequently cancelled (either 3 sessions in a row or a regular pattern of cancellations), we may need to suspend appointments until a more suitable time.

Occasionally, I might not be available due to my training or pre-arranged professional commitments or holidays. I will give you at least four weeks' notice of these wherever possible.

SESSION DAY:

SESSION TIME:

Starting: [.....] for \_\_\_\_ sessions / [ ] open ended

SIGNED ..... (client) Date:

SIGNED .....(Alysha Nichol) Date: