

Contract for Online Therapy

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Client Information

Name	
Correspondence Address	
Email	
Mobile	

Name	
Correspondence Address	
Email	
Mobile	

GP Details	
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Info@sextherapy4men.com

Contract for online therapy

This is a contract between therapist and client/client couple. It outlines the terms and conditions of the work to be undertaken and the administration of the therapeutic relationship between therapist and client/client couple.

Whilst counselling and therapy are generally recognised as beneficial, it must be realised that this may not be so in every case. This contract does not tie the client/client couple into therapy for a particular period of time. Nor does it ask the client/client couple for a financial commitment beyond each individual therapy session.

Professional training

I hold a Foundation Certificate and Postgraduate Diploma in Psychotherapy & Counselling, and a Diploma in Sex and Relationship Therapy. I am a Registered Member of The British Association for Counselling and Psychotherapy (BACP). A copy of this information is available on request.

Professional ethics

I work to the code of ethics and practice of the BACP. There are procedures should you wish to make a complaint about me or my conduct whilst working with you.

Professional Liability Insurance

I hold full, current professional liability insurance.

Conduct of psychosexual therapy

Psychosexual therapy involves the use of counselling and psychotherapy to help address sexual problems or issues that cause distress to individuals and couples. It combines the techniques and practice of talking therapy with behavioural exercises, mindfulness and other practical therapeutic approaches. Psychosexual therapy is for people over 18 years of age, from any cultural background, religion, sexual orientation or gender/gender identity. Psychosexual therapy can be done with individuals and with couples. Psychosexual couples therapy combines relationship therapy with behaviourally focused work.

The behavioural work sometimes involves specialised physical exercises that are done by the client or client couple by themselves after agreement and discussion with the therapist. Exercises that involve intimate or sexual behaviour are never carried out during online sessions. Clients and couples carry out this work in private on their own.

Zoom Sessions

All sessions are by Zoom. Sessions last for one hour. The time of all sessions will be booked in discussion with the client/client couple. I will send a Zoom invite in advance of each session. Sessions are usually booked either weekly or twice a month in negotiation with the client/client couple. I will do my best to accommodate clients who have restrictions in availability, for example due to childcare commitments. I do not ask you to commit to a particular number of sessions. For most people, 6 to 8 sessions is the minimum needed to achieve positive change, but this is something we will review regularly together.

To avoid delays and inconvenience to other clients, lateness on behalf of the client/client couple will be deducted from the time allocated for that session at the discretion of the therapist. If I am late for any reason, I will ensure that the time is added to the session or to a future session.

If the client/client couple cannot connect at the appointed time, they are to email me at info@sextherapy4men.com or ring me directly. Once I am aware that they are trying to connect, I will hold the call open until they can do so. If a client/client couple does not connect and does not contact me, I will hold the call open for ten minutes. I will then email the client. If there is no connection or response after fifteen minutes I will end the call.

Sessions last one hour. In the event that the start of a session is delayed for any reason and the session cannot be extended, I will make a judgement whether sufficient time remains to conduct work with therapeutic value. In my experience, the minimum duration for effective therapy is 30 minutes.

Should either the client/client couple or the therapist have connection or bandwidth difficulties that interfere with the quality of the call, I use WhatsApp Video as a backup. If technical or connection issues at either end make it impossible to conduct the session, I will endeavour to rearrange the session as soon as possible.

Fees

Fees start at £50 for the first hour's assessment session. Individual sessions thereafter are charged at £75 and couples sessions at £85. Fees are subject to regular review. Fees are payable either in advance, at the time of the session or by monthly invoice. Non-payment of fees may result in legal action being taken.

Cancellation policy

If you cancel a session with less than 24 hours' notice, you may be liable to pay the full fee for that missed session.

Supervision

I will regularly review the progress of the therapy with each client/client couple. I also discuss aspects of my work with a professional supervisor who is accredited with BACP. Regular supervision is a requirement for BACP registration and practice. I also undertake regular peer supervision. If any details about the work being undertaken are shared with my supervisor or another therapist for clinical reasons, that information is anonymised.

Referral to other therapists

After working with a client/client couple, I may recommend that they undertake work with other specialist psychosexual practitioners, including those who are trained to carry out physical psychosexual therapy and coaching. I only refer to practitioners whose work I am familiar with and who fully meet the requirements of their own professional organisation in terms of ethics, standards and professional liability insurance cover. I also refer clients to counsellors and therapists outside the psychosexual field who can work more effectively with general mental health issues, including anxiety and depression. When referring to other practitioners, no details about the client or the work are shared without the consent of the client/ client couple.

Ending therapy

Most therapeutic work ends when the client has achieved their objective. However, clients can choose to end or take a break from therapy at any point. The end of the therapeutic relationship will almost always be planned and mutually agreed. I do, however, reserve the right to end therapy sessions and/or future sessions in rare situations. These include when clients are in breach of this contract, e.g. failing to cancel, attend or pay for sessions; where a conflict of interest arises within the therapeutic relationship; or where it is felt that therapy is no longer helpful for the client.

Safeguarding

As a client/client couple you will be expected during the session not to commit any physical harm to yourself or others. If this should occur then I may decide to terminate the contract with immediate effect.

Clients agree not to attend sessions whilst under the influence of non-prescribed medication, recreational drugs, or alcohol if the impact of this would prevent the client and therapist using the time effectively.

Notes and record keeping

All records will be maintained in accordance with the Data Protection Act. The records are the property of the client/client couple and therapist and will be retained securely for 7 years. After this time they will be deleted or destroyed. I have made arrangements for disposing of this data should I be unable to do so. I do not tape sessions.

Any informal notes made during the session are destroyed. I do keep a brief, factual record of each session online. Notes of email exchanges, letters, telephone conversations and supervision discussions, where relevant, will also form part of client records, along with your preferred contact details. Online records are anonymised under a client reference number. Clients' names and addresses are stored securely offline. Email correspondence with individual clients is deleted once our work together has ended. Anonymised client contact details are destroyed along with all online and offline records after 7 years. Online data is password protected, but not encrypted.

My notes are the shared property of myself and my clients. Clients have the right to see any personal data I hold. In the case of couples, my notes are confidential to the client relationship, which means that one partner alone cannot request access for a third party without the agreement of both.

Confidentiality

All sessions are conducted in the strictest confidence. There is seldom a need to breach confidentiality, but it may be necessary to do so in the following circumstances:

- a) When the client gives their consent for the confidentiality to be broken; e.g., if you wish me to contact your GP to recommend referring you to an NHS service;
- b) When I am compelled to do so by a Court of Law. Should the Police or any other agency wish to see client notes as evidence for legal proceedings, disclosure will only be made with client/client couple consent or if a Court Order is issued requiring disclosure;
- c) If, in my opinion, the client is a danger to themselves or others, particularly a child. In this situation, the intention to reveal information will always be discussed with the client/client couple. If an agreement cannot be reached between the therapist and the client, the therapist

- may still choose to breach confidentiality in the interest of harm reduction;
- d) As required by UK law should a client disclose involvement in terrorist activities or non-reported involvement in a road traffic accident;
 - e) In a situation when a complaint has been made and I am required to provide evidence of my practice.

In the case of couples, my responsibility is to preserve confidentiality around the matters discussed between myself and the couple. Couples' notes can only be released with the agreement of both partners.

Conflict of Interest:

There may occasionally be circumstances when an unexpected conflict of interest comes to light during a course of therapy with a client/client couple. If this situation occurs, it may not be possible to provide full details as to why the therapy must end. If this should happen, I will do all I can to ensure the client/client couple is not left unsupported and will endeavour to refer to another professional.

Complaints

I endeavour to be professional, caring and confidential in all my dealings with clients. If you are not happy with the way I am working, please raise this with me during the work. We will seek to resolve the matter together in the first instance, to understand why it has occurred, and to decide whether there is therapeutic value in exploring the issue. Where a complaint cannot be resolved informally, you have the right to make a formal complaint to my professional body.

Contact Outside Therapy Sessions

I will contact you outside therapy sessions primarily to arrange or confirm future appointments. Contact will generally be by email. I do not accept invites from clients on social media sites. If we meet by chance, I will respect your confidentiality by not acknowledging you, unless you acknowledge me first.

As a client/client couple, your commencement and continuation of therapy indicates that you have read and understood all the information detailed in this contractual agreement and that you agree to abide by the terms and conditions outlined therein.

Name

Signature

Date

Name

Signature

Date