

Therapy Client Contract

Aim of Therapy

The aim of therapy is to provide you, the client, with a confidential opportunity to safely explore personal and relational issues. During therapy, we set goals agreed between the client and the therapist. The client agrees to work towards the agreed goals. The role of therapy is to help you through this process without judgement or telling you what to do. I may on occasions give information, homework, or offer suggestions. If at any time I feel I can no longer help you, I will offer to refer you to someone who can.

A therapist cannot fix your problems for you, and with personal or relationship issues the work will ultimately have to be done by you. You are paying me for my expertise and I will be providing you with these, and, with information and making suggestions. The more you can take what was discussed during your session with me and practice it, apply it, work at it or, think about it in between sessions, the more you will get out of coming to see me.

Frequency of Sessions & Length of Therapy

Frequency of therapy is a collaborative decision. Individual therapy may be one off or ongoing depending on the nature of your needs and goals. A number of people get what they need from one-three sessions, others choose more to meet their needs.

Relationship therapy evidence suggests that massing (a lot at the start) and fading (reducing frequency over time) is beneficial to reducing relapse. Thus, you may choose to either attend therapy together in time blocks or attend a couple's retreat supported by check in sessions. If this is not possible, weekly sessions initially, then increasing space between sessions will be offered until termination.

We are always working to the goal of effective time use, with the least number of sessions needed to achieve the greatest outcome possible, ultimately moving towards no longer needing therapy. End of therapy can be a collaborative decision also. You are able to terminate the therapy at any point via written communication with the therapist.

How often you attend is affected by practical matters such as; your ability to make time to attend, cost, travel etc. Therapy sessions run for individuals 20-30 minutes or, 50 minutes, and couples 65 minutes, and 90 minutes for people in a relationship of more than 2 people.

Involvement with Other Therapies

It is important to let me know of any involvement you have with any other health professionals, any other types of therapy, individual or group counselling or personal growth work. It is especially important to inform me about any forms of medication you are taking. This is to ensure we are not working at cross purposes with any other help you are receiving.

Differences Between Therapist and Client

When a therapist is of a different gender, age, class, religion, sexual orientation or ethnicity from you there will probably be aspects of your experience that they will not know about or understand. I take

the responsibility to self-educate very seriously but may want to talk to you about these differences to ensure understanding.

Payment

Privately paying online clients pay at the time of booking on the website. A deposit can be made online if this option is needed but full payment is required at the end of the session. Clients are liable for debt collection costs.

Clients referred via Taranaki Primary Connections for the 4 free/funded sessions, will not be personally invoiced for these sessions. These sessions are accessible via a referral from your GP.

Missed Appointments and Late Cancellations etc.

I try to be flexible with clients changing appointment times to suit. If you get sick or busy and doubt you'll make the appointment, please contact me 2 business days before to let me know. If you are late your appointment will still have to finish on time to be fair to the next client.

For privately paying clients a no show to an appointment, with no notification will result in a \$45 fee. Please remember that a cancellation fee of \$45 will apply if your appointment is cancelled less than 24 hours before your appointment. Repeated and/or last-minute cancellations result in a full session amount being charged.

Confidentiality & Limits to Confidentiality

In most cases the fact that you are seeing me, and anything you might say to me, is private and I will not tell anyone else about this without your permission. There are exceptions to this privacy:

1. With your permission I will liaise with other health professionals involved in your care to assist you in receiving the best possible care. If you have been referred to me, I will normally ask your permission to liaise with the referrer, usually just to acknowledge the referral. If you have other professionals involved in your on-going care it is in your interests that I liaise with them in order to coordinate the help you are receiving. This still requires your permission.
2. If there is a situation where you or someone else are at risk of serious harm, which I could prevent by breaking confidentiality, then I will act to prevent that harm. Unless there is an emergency or it would increase the risk of harm I would still try to discuss this with you first.
3. If your therapy is being paid for by someone else they will need to know whether or not you are attending. Where it is being paid for by an agency such as Te Whatu Ora, your employer, Taranaki Primary Connections etc, there is likely to be an obligation to report basic information about the therapy. Your therapist will normally consult you about what is going to be reported.
4. I do **not** release therapy files to clients for use in court proceedings unless ordered. This is not their intended use and they are too open to misinterpretation.
5. All therapists receive professional supervision from senior colleagues and peers on a regular basis. This is where we discuss aspects of our work that are challenging, successful or just seem to need reflecting on. Regular supervision provides a check on the quality and safety of our work, a

means to develop our knowledge and skills, and a place where we can talk about ways that our work is affecting us personally. Though the focus is primarily on us and our work we, of course, may have to talk about our clients anonymously during supervision. We will avoid saying anything that might identify a client.

6. By signing this contract we agree sessions will not be recorded or filmed (video or sound) without both of our prior knowledge and approval.

7. Please note in relationship therapy secrets in your relationship (i.e affairs) will not be held by the Therapist. You will be expected to take responsibility for it. If you have not disclosed information to your partner(s) such as an affair this will be discussed in your individual session and time given for this conversation to be approached between you, before the commencement of relationship therapy intervention. The Therapist will not be revealing your secret. Ultimately if you choose not to disclose it to your partner(s), we may continue individual sessions but relationship therapy will end as the relationship integrity cannot be upheld if all parties are not privileged to this information. Additionally, if you are in an active affair, relationship therapy will not continue as it is not constructive to the repair of the relationship.

Notes & Files

I keep a record of each session on file while I am working with you. I keep notes securely filed after therapy, in case you choose to return at any stage.

Contact Outside of Therapy

Normally if I meet you accidentally in public I will wait for you to make the first approach, it is okay to ignore me if you want.

Extra Support, Crisis Situations and Outside Session Time Communication

This therapeutic support is only available during session time. Please write down your concerns to bring to the coming session. If you email please ensure it is addressed to all parties (your partner(s) included if they are attending this therapy) as communication is required to remain transparent to minimise miscommunication and concerns of bias. Please note I do not work fulltime so I will reply to your email at my earliest convenience but, it may not be the same day or outside of business hours.

I am willing to make extra appointments as my schedule permits. You can book an extra or earlier session via the website angelaroberts.nz

In a crisis situation you will need to rely on public crisis services such as:

Lifeline 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP),

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat.

Samaritans – 0800 726 666. **Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO).

Signing

- I/we have read and understood the above outline of issues that may affect therapy/online therapy and I am/we are happy to agree to therapy under the conditions outlined above.
- I have read the terms and conditions of therapy and agree to them.
- I have read and understand the [what to expect](#), [online therapy and cancellation policy](#), and the [privacy, complaints and security policy](#) on the website angelaroberts.nz
- I realise I have had a chance to ask any questions and discuss anything I choose.
- I understand that taking part in therapy is my own choice, and that I may withdraw at any time, by letting my therapist know and this will in no way affect my continuing health care.
- I know what will be expected of me during the therapeutic relationship, and understand that if I do not meet these expectations, it may reduce the effectiveness of the therapeutic journey.

(Person 1 signed)..... (date).....

Name:

(Person 2 signed)..... (date).....

Name:.....

(Person 3 signed)..... (date).....

Name:.....

(Person 4 signed)..... (date).....

Name:.....

If you signing on behalf of a minor:

Name:

Designation/Relationship:.....

(signed)..... (date).....

My Contact Details

Name: Angela Roberts – Sexologist | Sex and Relationship Therapist

Ph: 027 3562 600

Email: nzangelaroberts@gmail.com

Work Hours: Monday to Saturday - 10.00am-5.30pm and occasional evenings.