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Client Agreement

Name			
Address			Postcode
Telephone	Home	Mobile	
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Outcome Focus

All sessions are conducted with your overall goals in mind.

Initial session

The initial session will include an overall introduction and assessment of the area(s) to be addressed through either:

- Outcome focused coaching** and practical tools to produce results, increase focus and reach goals.
- Psychotherapy** to gain insight, resolve unhelpful patterns and be even more of your true self.

At the end of this period we jointly assess progress and decide whether to engage in a contract for coaching or therapy and agree overall goals/outcomes, and appropriate number of sessions. *If it is not appropriate for us to contract together I can suggest an alternative coach or therapist, should that be required.*

Professional Responsibilities

I am an NLPtCA Accredited and UKCP Registered Psychotherapist and member of the Neuro-Linguistic Psychotherapy and Counselling Association and European Mentoring and Coaching Council. I am bound by the NLPtCA, EMCC and INLPTA codes of ethics and conduct.

To maintain standards of professionalism, and to work within my scope of practice, I may discuss the case anonymously during formal supervision of caseload.

What is involved?

The sessions will be outcome focussed in order to help you gain insight and activate change. They may include:

- **Direct questioning and transformational communication**
- **Formal change processes and constructive feedback**
- **Regular reviews to measure progress**
- **Tasking and homework assignments**

If you are receiving care from any agency (GP, hospital, psychologist, CPN), appropriate permission must be received by me before the sessions can commence.

Confidentially

The power of the relationship is based on honest, direct and personal conversations. All information disclosed is confidential with the exception of where I believe the client or another is a danger to self or others, where minors (under 18) are involved or if disclosure is ordered by a judge, coroner or other official having such power.

I may make written notes during the session; these will be kept securely.

The material you present may provide valuable learning for other people. Some sessions may be recorded to support the therapists learning and development. By becoming a client you give permission in principle for such recordings or use of anonymous case material for educational or research purposes.

How long and how much?

While NLP coaching and therapy is typically short-term, the number of sessions required depends on the issues you want to address and how complex these may be. In many cases it is recommended that a programme continues for a number of sessions of weekly or fortnightly appointments.

As I also undertake corporate consultancy and deliver training courses appointments are booked at mutually convenient times. Availability can vary week to week. *On very rare occasions we may need to reschedule your appointment.*

The agreed fees are £50 per hour. Fees for sessions are payable at the completion of each one, 24 hour cancellation is required to reschedule any session without charge.

"I understand that the power of the relationship is in my hands, and accept full responsibility for my own progress and change. If I believe the relationship is not working as desired, I will communicate this and work toward a successful resolution"

Signed: _____ **Date:** _____