

LONG-TERM THERAPY AGREEMENT

Confidentiality rule

Everything that happens during consultations or therapy is strictly confidential!

"Stop" rule

If at any moment of our meeting or text conversation you start to have feelings that are hard to bear, you can have the right to say "STOP" to finish the conversation.

This contract consists of points that, in my opinion, best describe therapy with me:

1. Consultation.

A single appointment, or a few standalone appointments. This can be a single consultation, or a series of up to 10 consultations regarding different topics. Each session lasts 50 minutes, with an additional 10 minutes allocated for organizational matters.. Such consultations are general; I will listen to you, ask some further questions, and perhaps give you tasks you can work on individually as well as basic recommendations.

2. Therapy.

Therapy sessions are provided once a week; this is optimal for an effective therapeutic experience, self-reflexion, and achieving the desired changes. Each session lasts 50 minutes.

3. At the first stages of therapy, it's advised to attend 10 weekly sessions consecutively to fully understand your issues as a client and form the necessary trust. After that, it's okay to skip some sessions or reschedule them in advance but not any later than 24 hours before the appointment. Otherwise, the skipped session has to be paid for in full.

4. Sometimes, a client might need to have more frequent appointments or emergency support outside the scheduled sessions; I can provide this at the client's request and after discussing the necessary conditions. If the client is in a crisis (up to one month), I can find 30 minutes for a free session between our weekly sessions. If the client's state does not stabilize after a month, a psychiatric assessment should be pursued with the potential of pharmacological support.

5. For convenience, we will schedule a fixed time and day of the week for the sessions but we can try to change the schedule if needed.

6. It is important to realize that if you are late for your appointment, our appointment is shortened by the length of your tardiness. Often, it is not

possible to change the consultation time on the same day, as all clients are booked one by one. Therefore, please arrive on time.

Our cooperation

7. I use different methods in my work, such as art therapy, dialogue techniques of gestalt therapy, narrative journaling, coaching, body-oriented therapy, games, and experiments. You are always free to reject anything that doesn't work for you, or ask to incorporate something that you liked before and that proved to be effective for your self-reflexion.

8. If you are seeing multiple therapists at the same time, I cannot be responsible for your therapy dynamics; this will have to be your responsibility.

9. However, if you bring this to our therapy sessions, this might help us understand your inner needs and the reasons for your resistance to one of the therapists. Also, if you are seeing a psychiatrist or a different kind of medical specialist and need simultaneous support from a psychologist, I will support such cooperation.

10. Occasionally, therapy might bring out such strong feelings that the client feels inclined to make hasty changes to their life. I ask my clients to be aware of that and give themselves the time and space to think and consider all the pros and cons before making any radical choice.

11. If you decide to finish your therapy course, you should tell me in advance so that we can have one or two concluding sessions. If you're quitting the course abruptly, it might be caused by the resistance I mentioned in point 9 and it would be better to discuss it in a session.

Payment

The client pays for his appointment before it begins.

If long-term therapy is requested, the client pays for both the first and last session after their first consultation. This serves as a guarantee that the client will attend the concluding session, which is necessary for completing the therapy course properly.

If the client temporarily stops therapy and does not return for their last session in 2 months, therapy is considered finished, and the payment is exhausted.

You can cancel your session beforehand, but no closer than 24 hours before the session. In this case, the payment you have made will be saved for the next session. If you are late to the session or cancel it less than 24

hours before, it will not be refunded and you will have to pay for 2 appointments next time: your current one, and your previous one.

The client should not attend sessions intoxicated. If the client takes medication, I should be informed so that I can alter the therapy process accordingly and to maintain a healthy environment for psychological work.

Please have free hands and a comfortable location, so you can put your phone down. Holding your phone makes it impossible to conduct therapeutic experiments to work with your experiences and bodily sensations.

If you have any questions, please feel free to write to me. I'll be happy to answer them.

If you've read this and everything suits you, please simply write 'I've read it, it suits me' in the chat. I look forward to our meeting.