



Julie Murray
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TERMS OF AGREEMENT

I practice a psychodynamic approach to counselling. This type of therapy means I work in a way that explores what lies beneath your actions and patterns of behaviour in your past and present and how they affect you, your partner and your relationship. My role is to help you through this process without judgement or telling you what to do. **The information in this document forms part of our agreement for working together.** If you have any questions about the agreement, please do let me know.

Session times

Each session lasts 50 minutes and we agree, as much as possible, to meet every week on the same day, time and place.

Missed and Cancelled sessions.

Consistency and commitment are important aspects of working together. The therapy is a regular weekly session that is reserved just for you and therefore, if you are not able to make it to a session, I would appreciate as much notice as possible. My cancellation policy is 2 working days notice - less than that and the full fee is payable.

Holidays

I will give you as much notice as I can of any planned holiday dates or when I will be unavailable. I usually take a break for 2 weeks at Christmas, 2 weeks at Easter and for approximately 2-4 weeks in the summer. I am sometimes away for the half-term break.

Fees

Payment is required at the end of each session for all appointments, including missed appointments. Paying promptly avoids spending time and energy on finances, and allows us to focus on the reasons you are seeking to talk to me. Fees are reviewed on 01 Jan each year. The fee for individual therapy is £70 in the daytime, £90 in the evening (after 5pm). The fee for couple therapy is £90 and £110 respectively. I accept payment via cash or bank transfer.

Ending our work

Usually work ends at a mutually agreed time. This gives us time and attention to the ending process, which is an important part of the work.

Referral

In the course of working together, I may find that your needs are outside the scope of my professional training or expertise. In such cases, I may recommend a referral to another therapist or medical practitioner and will endeavour to ensure a smooth transition for you.

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Confidentiality and ethical practice

Confidentiality is an essential part of all counselling and psychotherapy as it underpins the client's sense of safety and trust and contributes to making the therapeutic relationship different from any other. Our work together will be confidential. No information will be disclosed to anyone without your permission unless under the following circumstances:

1. All professional psychotherapists and counsellors work to professional codes of ethics and good practice. Regular supervision is a requirement from all professional psychotherapy and counselling organisations. I will, from time to time, discuss some aspects of our work in supervision, but your identity will not be disclosed. This takes place in order to monitor the professional consistency and ethical standards of our work.
2. Under very rare circumstances, if I believe there was a serious risk of harm to either yourself or another person I would be legally obliged to break confidentiality.
3. If I thought it necessary to make contact with your GP or any other professional concerned with your care, I would discuss this with you first.

As a member of the BACP, I am bound by their ethical framework for good practice in psychotherapy and counselling and I am subject to their professional conduct procedures. I have full professional insurance and indemnity.