

KB Bilingual Counselling

*Counselling with kindness,
compassion, empathy
and understanding*



KB Psicoterapia Bilingue

*Terapia con bondad,
compasion, empatia
y comprension*

COUNSELLING CONTRACT

I believe in the power of the therapeutic relationship, and working through issues through talking, re-framing and working through feelings, emotions, thoughts and behaviours that might be harming to yourself and perhaps to others.

My aim is for us to work together in the counselling room (and sometimes via scheduled Skype, telephone or email contact) to get you back in control of your life – I work with each person as an individual with their own stories and problems that need an individual, person-centred approach.

We will work at your pace, and I will ensure that we are kept safe in the room and during the harder times – sometimes things will seem to get worse before they get better.

I trust in the therapeutic process, and in the inner strengths of my clients, and believe that together we can move to a better space in each of their lives.

When working with young people and children, the cooperation of the parent(s) or carer(s) is essential for the process to fully work. Parents and carers are the main models in a child's life, including the counsellor they will be seeing and trusting with their feelings and difficulties in expressing what they might be going through.

Therefore, input and support from parents is essential. As adults, we have learned, through better or worse circumstances, how to work out what we are feeling, how to address it – by seeking counselling ourselves or by talking it through with those closest to us - and work through it to regain balance in life. As such, we are in a great position to support our children and young people to do the same, understanding that their life experiences are not extensive yet, and are learning to do what we already know how to do, to a greater or lesser degree.

KARIN BRAUNER

MBACP, MBPS

PGDIP PSYCHODYNAMIC COUNSELLING

BA GENERAL COUNSELLING

<http://www.k-brauner-counselling.co.uk/>

k.brauner.counselling@gmail.com

07807925589

KB Bilingual Counselling

*Counselling with kindness,
compassion, empathy
and understanding*



KB Psicoterapia Bilingue

*Terapia con bondad,
compasion, empatia
y comprension*

LENGTH OF SESSIONS: Each session is 50minutes long

LENGTH OF THERAPEUTIC PROCESS: It is dependent on the goals of the client, and can be agreed at the first few sessions. The client is entitled to end their process at any time, and considering the importance of endings for our therapeutic relationship, all I would ask is to have an ending session.

For therapy to be effective, a commitment of either weekly or fortnightly sessions is recommended. We can re-contract given the individual client's circumstances and work patterns.

Contact between sessions is fine, and sometimes necessary, but should be limited to arranging or rearranging sessions, requesting extra sessions or brief scheduled email/phone exchanges, but most of the work will happen within the scheduled sessions.

Whilst counselling can be hugely beneficial to a client's well-being, the therapist gives no guarantee that the therapy and provision of services will result in an improvement to the client's mental/physical condition or general well-being (Cristofoli, 2002).

PAYMENT OF FEES:

- Please pay either at the beginning or end of the session.
- If paying by bank transfer or online, please ensure payment reaches me 1-2hrs before or after the session. If payment is not received in this time, I will send an invoice as a reminder.
- I accept cash, cheque, bank transfer and paypal payments to k.brauner.counselling@gmail.com.

My fees are as follows:

Students: £30

Individuals: £40

Couples: £60

Family Therapy: £70

LATE CANCELLATION/DID NOT ATTEND: The full fee will be charged if the client doesn't cancel 24hrs prior to the session time. This also applies if the client didn't attend the session without cancelling.

KARIN BRAUNER

MBACP, MBPS

PGDIP PSYCHODYNAMIC COUNSELLING

BA GENERAL COUNSELLING

<http://www.k-brauner-counselling.co.uk/>

k.brauner.counselling@gmail.com

07807925589

KB Bilingual Counselling

*Counselling with kindness,
compassion, empathy
and understanding*



KB Psicoterapia Bilingue

*Terapia con bondad,
compasion, empatia
y comprension*

PERSONAL SAFETY AND CONFIDENTIALITY: To ensure the safety of all parties involved, any harm to yourself, myself or others, or in case of children being involved, confidentiality will be breached and further disclosures, with the client's knowledge, will need to be made. In all other cases, everything discussed in the room is completely confidential. In some cases, such as terrorism, by law I must report it without the client's consent.

In addition, if you have been prescribed medication in the past, or are currently using medication for mental health issues, I will need to have your GP and Psychiatrist details, in order to ensure that we can make the most of our sessions, and so that we can keep the therapeutic relationship safe from any interference that can be easily dealt with.

I will have a digital policy in place as soon as possible, for those clients that I work with online, and in regards to the data protection act. I am also registered with the Information Commissioner's Office, as a safeguard of the information exchanged between myself and my clients.

I work under the BACP ***Ethical Framework for Good practice in Counselling and Psychotherapy***, which emphasises the following points (more can be found on the website):

- Respect for human rights and dignity
- Protecting the safety of clients
- Ensuring the integrity of practitioner-client relationships
- Alleviating personal distress and suffering
- Appreciating the variety of human experience and culture
- Fostering a sense of self that is meaningful to the person(s) concerned
- Providing a space of trustworthiness, autonomy, beneficence, justice and self-respect
- Provide a safe space full of empathy, sincerity, integrity, respect, humility, fairness, wisdom, courage and competence

KARIN BRAUNER

MBACP, MBPS

PGDIP PSYCHODYNAMIC COUNSELLING

BA GENERAL COUNSELLING

<http://www.k-brauner-counselling.co.uk/>

k.brauner.counselling@gmail.com

07807925589

KB Bilingual Counselling
Counselling with kindness,
compassion, empathy
and understanding



KB Psicoterapia Bilingue
Terapia con bondad,
compasion, empatia
y comprension

CLIENT INFORMATION
Confidential

Date of first session: _____

Name: _____

Gender: _____

Date of birth: _____

Marital status: _____

Employment/Student Status: _____

Telephone Number: _____

Address: _____

Emergency contact: _____

GP Details: _____

(Note: your GP will not be contacted unless absolutely necessary, and with your consent)

Where did you hear from me?

- BACP Find a Therapist
- Counselling Directory
- Sussex Counselling and Psychotherapy Directory
- National Autistic Society Directory
- My Website (www.k-brauner-counselling.co.uk)
- Word of mouth
- Google search
- Other – please specify: _____

I agree to the terms and conditions as stated in the contract above.

Signature: _____ Date: _____

KARIN BRAUNER

MBACP, MBPS

PGDIP PSYCHODYNAMIC COUNSELLING

BA GENERAL COUNSELLING

<http://www.k-brauner-counselling.co.uk/>

k.brauner.counselling@gmail.com

07807925589