Barossa Valley Counselling

Agreement Terms and Conditions

Counselling approach

We employ a solution-focused therapy approach designed to help clients identify and harness their strengths and resources to achieve their desired outcomes. This collaborative method emphasizes building on what is already working in a client's life, rather than dwelling on past problems or failures. By setting clear, achievable goals and focusing on practical solutions, clients can experience positive changes more quickly. The practice is rooted in the principles of Feedback-Informed Treatment, which ensures that each session is tailored to the individual needs and progress of the client, fostering a supportive and adaptive therapeutic environment.

Confidentiality

All sessions conducted at Barossa Valley Counselling are confidential. Information disclosed during counselling will not be shared with third parties without the client's explicit consent, except in the following circumstances:

- If there is a risk of harm to the client or others.
- If there is a legal requirement to disclose certain information.
- If there is a need to discuss the case with a supervisor to provide the best possible support.

Session Structure and Duration

Each counselling session lasts approximately 60 minutes unless otherwise agreed upon. The frequency of sessions will be determined collaboratively between the client and the counsellor based on the client's needs and goals. A general guideline is once a week for 4-5 sessions.

Fees and Payment

The standard fee for a counselling session is $150. Payment is required at the end of each session unless other arrangements have been made. Acceptable payment methods include cash, EFTPOS, and electronic transfer. Any changes to fees will be communicated in advance.

Cancellation Policy

Clients are requested to provide at least 24 hours' notice if they need to cancel or reschedule an appointment. Failure to do so may result in a cancellation fee equivalent to the cost of the missed session.

Record Keeping

Notes will be taken during or after each session to help keep track of our sessions together. These notes will be stored in a private and secure location and may be viewed by you if you so wish. Your counselling records will be kept for a period of 7 years from the date of your last contact with Barossa valley Counselling.

Termination of Counselling

Either the client or the counsellor may initiate the termination of counselling. It is recommended that termination is discussed during a session to ensure a smooth transition and to address any remaining questions or concerns. If the client feels that their goals have been met or if they wish to discontinue for any reason, they are encouraged to communicate this with their counsellor.

Agreement

By signing below, the client acknowledges that they have read, understood, and agree to the terms and conditions outlined in this contract. This agreement is effective from the date of signing and will remain in effect throughout the duration of the counselling relationship.

Client Name: _____

Client Signature: _____ Date: _____

Counsellor Name: _____

Counsellor Signature: _____ Date: _____

Contact Information

Barossa Valley Counselling

41 Atze Parade, Nuriootpa SA

jason@barossavalleycounselling.com.au

Thank you for choosing Barossa Valley Counselling. We look forward to working with you on your journey toward emotional wellbeing and personal growth.

BAROSSA VALLEY
COUNSELLING