

# Another Place

## Therapy Contract

Therapist: Litsa Mouka, MBACP (Accred)

1. Place of therapy: via telephone and videoconferencing.
2. Frequency: \_\_\_\_\_ a week on \_\_\_\_\_ at \_\_\_\_\_ GMT  
(and \_\_\_\_\_ at \_\_\_\_\_ GMT.)  
No sessions during therapist holidays as below:  
3 weeks at Christmas (t.b.c.), 3 weeks at Easter (t.b.c.), and the month of August.
3. Number of sessions: \_\_\_\_ or open-ended
4. Fees: £50 per session, or £170 for a block of 4.
5. If, for any reason, you need to cancel or re-arrange an appointment, please give me **48 hours notice**. This means that if, for whatever reason, you need to re-arrange your appointment at short notice you will have to pay for **both** the missed session and the new re-arranged one – providing there is one available.  
Cancellation fee is the full fee of the session: £50.
6. Confidentiality: the content of our sessions is confidential.  
Limits of confidentiality:
  - I. Under exceptional circumstances i.e. if I believe you are at serious risk of harming yourself or others, I may have to break confidentiality and speak to an appropriate person – your GP for example. If ever that is the case I will talk to you first and seek your permission to do so.
  - II. Furthermore, I am bound by the law to report any serious illegal activity; such as: acts of terrorism, money laundering and child sexual abuse.
7. It is your responsibility to make sure that during our session you are in a private room, free of interruptions and without any danger of being overheard.
8. I will ask you for your contact details as well as your doctor's. This is to keep the process safe, and in case of an emergency. If I feel it necessary to contact your GP, I will always ask for your consent first. If I have asked for details of your medication, this is only for my own reference. If I feel it necessary to discuss your medication with your GP, I will consult you first.
9. If an urgent matter arises and you need to contact me between sessions, please email me at [anotherplace@mail.com](mailto:anotherplace@mail.com)
10. Under some circumstances I may decide it appropriate to terminate therapy. These are:
  - I. If I find that the work is outside my competency – I will discuss the matter with you. You can then find an alternative therapist, or ask me to refer you on. If you prefer for me to make the referral, I will then communicate with the relevant party and they will contact you. None of your confidential information or notes will be imparted, with the exception of your preferred contact details and the reason for the referral, which we would have discussed previously.
  - II. If any other circumstances arise, I will discuss the matter with you and hopefully we shall reach a satisfactory outcome.