COUNSELLING AGREEMENT

Counsellor: Andrew Regan

Practice: Thrive Counselling Centre Ltd

1. Purpose of Counselling

Counselling provides a safe, confidential space to explore personal concerns, with the aim of supporting wellbeing, growth, and resilience. Sessions are collaborative and tailored to your needs.

2. Sessions & Fees

- Sessions last 50 minutes, usually held weekly (in-person or online).

- Fee: £35 (student counsellors); £55 (individuals); £75 (couples / families / groups) per session.

- Payment is required at least 48 hours in advance of each session.

- Payment method: by bank transfer to:

  Account Name: Thrive Counselling Ltd

  Account Number: 28034597

  Sort Code: 04-06-05

Payment link will also be sent in good time before your session.

Unfortunately, sessions can not proceed unless payment is received in time.

3. Cancellations & Refunds

- Up to 48 hours in advance: full refund.

- Within 48 hours: full refund minus £15 (to cover room booking costs).

- No show / no cancellation: full session fee is charged.

4. Confidentiality

- What you share is treated with respect and kept confidential.

- Exceptions: if there is risk of serious harm to yourself or others, or if required by law, I may need to share information with appropriate services. Wherever possible, I will discuss this with you first.

5. Record Keeping

- Brief notes are kept securely and in line with data protection law (UK GDPR).

- You have the right to request access to your records.

6. Professional Standards

- I work in accordance with the BACP Ethical Framework.

- If you have concerns about the service, please raise them with me directly. If unresolved, you may contact the BACP.

7. Endings

- You may end counselling at any time. Ideally, we will plan an ending together to reflect on your progress.

Agreement

I have read and understood the terms of this agreement.

Client Signature: _____ Date: _____