

## Counselling Agreement & Contract

**Practice Name:** Inner Angle

**Practitioner:** Ioannis Athanasiadis, NCPS Accredited Member

**Member Number:** NCPS23-00135

**Insurance Policy Number:** HIS116655

**Contact:** info@innerangle.co.uk

**Location:** Brighton & Hove

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### 1. Nature of Service

This agreement outlines the terms under which counselling is offered by **Inner Angle**, provided by **Ioannis Athanasiadis**, an NCPS-accredited member. The service follows the ethical framework of the **National Counselling & Psychotherapy Society (NCPS)** and relevant UK legislation, including the **Data Protection Act 2018** and **GDPR**.

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### 2. Type of Sessions and Fees

- **Online or in-person counselling sessions:** 50 minutes — **£65 per session**
  - **Initial consultation:** Free 30-minute session to discuss suitability and expectations
  - **Payment methods:** Bank transfer or cash (to be completed before or at the start of session)
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### 3. Cancellations and Missed Sessions

- **24 hours notice** is required to cancel or reschedule a session.
  - Sessions cancelled with less than 24 hours' notice, or missed without prior contact, will be **charged in full**.
  - In cases of genuine emergency (illness, bereavement, etc.), exceptions may be made at the practitioner's discretion.
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### 4. Confidentiality and Data Protection

All sessions are confidential within the limits of the law and NCPS ethical standards.

Confidentiality may be broken only if:

- There is risk of serious harm to self or others
- Disclosure of terrorism, serious crime, or safeguarding concern
- A court order requires disclosure

#### Notes and Records:

- Digital notes are stored securely on a password-protected SSD.
- Handwritten notes are kept in a locked cabinet.
- Notes are retained for seven years following the end of therapy.

**Communication:**

Client communication may occur through encrypted apps agreed upon with the client.

Online sessions are conducted via **Google Meet**.

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**5. Professional Standards**

The practitioner commits to:

- Maintaining professional boundaries at all times
  - Regular supervision and professional development
  - Providing a safe and non-judgmental therapeutic space
  - Holding valid professional insurance and NCPS accreditation
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**6. Ending Therapy**

You may end therapy at any time. Where possible, a final session is recommended to review progress and reflect on the process.

The therapist may also end therapy if:

- Boundaries are repeatedly broken
  - Payments are not made
  - It is assessed that another professional would be more suitable
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**7. Emergencies and Crisis Support**

Please note that **Inner Angle does not provide emergency or crisis services.**

If you are in immediate distress or risk of harm, please contact:

- Emergency Services: 999
  - Samaritans: 116 123
  - NHS Crisis Line: 111 (option 2)
  - Your GP or local A&E
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**8. Agreement**

By signing below, both parties agree to the terms outlined above.

**Client Name:** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Therapist Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_