

## Psychotherapeutic Driving 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

Psychotherapeutic Driving is a unique form of therapeutic support conducted in a driving school car equipped with dual controls. The focus is on emotional regulation, confidence, and reflective insight in real time while driving.

Sessions are therapeutic, not instructional — although collaboration with a driving instructor may occur if agreed.

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### 2. Type of Sessions and Fees

- In-car sessions: 2 hours — £100 per session
- Initial consultation: Free 30-minute online consultation
- Payment methods: Bank transfer or cash (prior to or at the start of session)

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### 3. Safety and Professional Conduct

- All sessions take place in a fully insured driving school car with dual controls.
- If the car is supplied by the Client, the insurance, road tax and all the relevant and Legal attributions it is their responsibility.
- Clients must hold a valid UK driving licence and provide a licence check code prior to the first session.
- The therapist reserves the right to pause or stop driving if emotional or physical safety is compromised.
- The in-car space is therapeutic and professional; the same ethical boundaries apply as in any counselling environment.

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### 4. Confidentiality and Data Protection

While in-car sessions take place in public spaces, the content of all discussions remains strictly confidential.

Confidentiality limits apply as per NCPS guidelines (risk of harm, crime, safeguarding, or court order).

Notes and Records:

- Digital and handwritten notes are stored securely as per Inner Angle policy.

- Records retained for seven years.

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## 5. Cancellations and Missed Sessions

- 24 hours notice required to cancel or reschedule.
- Less than 24 hours' notice or missed sessions are charged in full.
- Emergencies will be considered on a case-by-case basis.

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## 6. Professional Standards

The practitioner adheres to:

- NCPS ethical and professional framework
- Full insurance for both counselling and in-car work
- Professional supervision and ongoing development

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## 7. Ending Therapy

Either party may end therapy with reasonable notice.

A planned ending is encouraged for reflection and closure.

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## 8. Emergencies and Crisis Support

The Psychotherapeutic Driving Service does not provide crisis intervention.

In emergencies or high distress, please use standard crisis channels (999, Samaritans, NHS 111, GP).

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## 9. Agreement

By signing below, both parties agree to the terms and boundaries described above.

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

Signature: \_\_\_\_\_ Date:

\_\_\_\_\_

Therapist Signature: \_\_\_\_\_ Date:

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