



WellMind
Coach

Steve Rose - WellMind Coach

07732 85 26 93

Email: wellmindcoach@gmail.com

<i>Name</i>	<i>Signature</i>	<i>Date</i>

Therapeutic Agreement

This agreement outlines the rights and responsibilities of both the counsellor and the client. It is designed to help you understand how we will work together and to ensure that our sessions are safe, respectful, and effective.

Please read this carefully before we begin. You are welcome to ask questions or raise concerns at any time.

Counsellor rights and responsibilities:

I am a registered member of the British Association for Counselling and Psychotherapy (BACP) and work in accordance with their Ethical Framework. This includes maintaining professional boundaries, ensuring your safety, and offering a confidential, respectful therapeutic relationship.

(See www.bacp.co.uk for further information).

Confidentiality

Therapy is a confidential space. You are welcome to talk openly about anything that is troubling you, including:

- recreational or habitual drug use
- compulsive behaviours (including pornography use)
- past illegal behaviour that no longer poses a risk
- actions you feel ashamed of or regret

These issues do not require me to break confidentiality. They are common reasons people seek therapy, and they can be explored safely and without judgment.

- I am only required to share information if:
- There is a current, serious, and identifiable risk of harm to you or someone else
- There are ongoing child protection concerns
- There is involvement in serious criminal activity (e.g., terrorism, money laundering)
- I am legally compelled by a court order

If I ever need to consider breaking confidentiality, I will always aim to discuss this with you first, unless circumstances prevent this.

Supervision

To ensure safe and effective practice, I discuss my work with a qualified BACP-accredited supervisor. Your identity is protected at all times. No names or identifying details are shared.

Privacy Policy

Secure Storage

Your personal information is stored securely using handwritten notes and password-protected digital records. Only your first name and place of therapy are used in electronic formats. Your data is never shared without your consent unless required by law.

You have the right to:

- Access your personal information
- Request corrections
- Request the deletion of your data (unless I am legally required to retain it)
- Request the transfer of your data to another professional

For GDPR purposes, the data controller is Stephen Rose.

Use of Artificial Intelligence (AI) in My Practice

I do not use AI tools during therapy sessions or for client notes. All clinical records are written and stored by me personally.

I may use AI tools for general professional tasks such as drafting psychoeducational materials or reflective writing. In these cases:

- No identifiable client information is ever shared
- Any reference to client work is anonymised and generalised
- AI is never used to make clinical decisions

You may request that I not use AI in any context related to your therapy, and I will fully respect this request.

Working online

When working online, please ensure you are in a private, comfortable space where you will not be disturbed. I will do the same.

We will use Google Meet for online sessions. Meetings are encrypted and password-protected. I do not record sessions.

If you are outside the UK, please check whether local laws affect your ability to engage in therapy and discuss any concerns with me.

Assessment:

During our early session, we will explore what brings you to therapy and what you hope to gain. A clinical assessment will be completed at the start of our work, including basic personal information, medication, and GP details.

With your consent, I may write to your GP to inform them that you are working with me. No personal details will be shared unless agreed or required in an emergency.

Ongoing work/Payments

- Sessions last 50 minutes.
- Fees are charged at the agreed rate and reviewed annually.
- Payment is due on the day of the session.
- Appointment reminders are sent the day before.
- Late payments receive reminders at 24 hours and then daily until settled.

Payment options:

- Bank transfer
- Card payment
- PayPal (via website or reminder link)
- Cash (in person)

Online bank transfer

Name: Stephen R Rose

Sort code: 04-00-05

Account Number: 43723938

Client Responsibilities

To support the therapeutic process, you agree to:

- Attend sessions punctually
- Give a reasonable time for cancellations or rescheduling
- Communicate any changes in circumstances that may affect therapy
- Understand that arriving late or leaving early does not extend the session time

Sobriety & Presence in Sessions

Therapy requires emotional presence and clear communication. For your safety and the effectiveness of our work:

Please attend sessions free from the influence of drugs or alcohol (except prescribed medication you have disclosed)

Smoking or drinking alcohol during sessions is not recommended

This is not about judgment. Many people come to therapy to explore their relationship with substances or behaviours, and this is welcome.

If I believe you are currently under the influence in a way that affects your ability to participate, I may pause or reschedule the session. Repeated instances may lead to referral to a specialist service.

What I Don't Do (Reassurance Statement)

I do not contact the police, employers, family members, or partners about anything you share in therapy unless there is a serious and immediate risk of harm.

Therapy is a confidential space where difficult topics — including addiction, compulsive behaviours, and past mistakes — can be explored safely and without judgement.

Complaints Procedure

If you have concerns about any aspect of the therapy, please raise them with me so we can address them together. If you feel unable to resolve the issue with me directly, I can support you in making a complaint to the BACP.