DR. IVANKENNEDY
Counsellor, Psychotherapist, & Supervisor
PhD Ed', MSc Counselling & Psychotherapy, BSc Psych, Dip Supervision
Tel 085 147 3040 Email kennedy.ivan@gmail.com
www.kennedycounselling.com

Contract—Individuals

Counselling

As an accredited counsellor with the IACP (Irish Association for Counselling and Psychotherapy, M10557), I provide you with a safe, confidential place to talk about the things that are troubling you (e.g., losses, stresses, confusion, pain, and so on). My role is to listen to you, empathise with you, and to support you. From time-to-time I might provide some theoretical insight. Hopefully, through our working together, you find a way to change what is possible and/or to accept better that which you cannot change. Essentially, to find your answers with how to better live your life. I do not advise, affirm, judge, oppose, or in any way disempower you from finding your own solutions. Also, I do not provide reports or diagnoses as these are beyond my role as a counsellor and psychotherapist.

Please note that sometimes emotional pain can initially increase after starting counselling as some 'barriers' are removed.

Fee

The fee, €70, is paid at the end of each session to permit subsequent sessions to proceed and can be paid with Cash, Zippay, or Online Banking Transfer. Receipts given upon request.

Duration of sessions

The duration of each therapy session is 50 minutes; the last few minutes of which are used to gently close. Starting and finishing on time are important time boundaries to be maintained. I ask that you arrive on time (or 1 to 2 minutes early). Please note that if you are late the session still ends 50 minutes after the agreed start time.

Set Times and Dates

Scheduling is typically flexible but set times and dates for sessions can be arranged if preferred.

Number of sessions of Counselling/Psychotherapy required

The number of sessions required depends on the clients' circumstances, e.g., the issues to explore, what arises in therapy, the impact of the work, level of current self-awareness. However, Short-term Therapy is often appropriate for a specific, perhaps recently arisen, problem to help reclaim control in life; this usually entails 6-12 sessions to be truly effective. Long-term/Open-ended Therapy is often appropriate for difficult, historical, and on-going issues to facilitate a deeper exploration and awareness of the problems, possible solutions, understandings, and/or acceptance. I often "check-in" with clients during sessions to see how we are getting on and how the therapy is working. These mini reviews help to see if we are on the right track and how things need to be altered if not. I recommend that you give a minimum of one session notice to finish counselling to resolve any conflicts and unfinished business and to end safely. **However, you are entitled to end our sessions at any time without explanation.**

Cancellation or change of appointment

The following is designed to best help me schedule my work for me and for all my clients, to keep our costs low, and to protect the process and integrity of our work.

Cancellations: If you need to cancel your appointment due to illness or emergency, please notify me as soon as possible. In all other cases, a minimum of 24 Hours notice period for cancellation is required; otherwise, a cancellation charge of €70 applies.

Frequent and No Shows: Frequent cancellations indicate that something is not working and will necessitate re-negotiating terms of our agreement. A €70 charge applies for failure to attend without notice; two such successive occurrences will be considered as disengagement from the service and jeopardises the work continuing.

My Cancelling: In the unlikely event that I need to reschedule a session, I will endeavour to notify you at least 24 hours in advance and an alternative appointment will be offered.

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Confidentiality

Counselling is confidential as laid down by the IACP Code of Ethics. There are, however, some limits to confidentiality in my practice. These include:

- I regularly present my work in clinical supervision. The aim of this is to monitor and improve clinical work undertaken. All supervision is done on a confidential basis;
- If I evaluate that the client is a danger to self, others;
- A disclosure of abuse or if I otherwise know, believe, or have reasonable grounds to suspect that a child or vulnerable person has been, is being, or is at risk of being seriously harmed;
- I neither partake in nor consent to audio or video recording of sessions; and
- Additionally, to aid effectiveness, I keep summary notes of sessions. In accordance with the Data Protection Act (GDPR 2018), notes are encrypted to maintain confidentiality. Notes and administration sheets, which are available on request, are securely stored in my personal office. Records are kept for a minimum of 7 years or deleted upon your request.

If it is necessary to break confidentiality, this will be done with your knowledge, where possible and is aimed at making sure that you (or others) are cared for and safe at all times. This is an extension of care rather than a breach of confidentiality.

Drug/Alcohol Use

Please refrain from using any non prescribed drugs and/or alcohol on the day of your appointment.

Feedback

Feedback is important as it helps to improve the working relationship and the service I offer. The more honest and candid the better and I encourage the use of this facility. Feedback can be given during sessions (whereby I often "check-in" to see how we are progressing), with various feedback forms during and at the end of therapy, and/or anonymously through my website.

Ethics and Professional Practice

I abide by the IACP Code of Ethics and Professional Practice (Copy available on request).

This agreement is fully understood and agreed and is signed as it stands by:

Name_____ (Client)

Name_____ (Counsellor)

Date_____

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