



Client Details

Client Initials	RS	Client Ref	13122
Counsellor Name	Ro Bell	Area	Methil



Counselling Contract

CONFIDENTIALITY

All information obtained from and about the client by a member of DAPL staff remains confidential within the staff team, unless a consent to liaise form has been signed and agreed by the client to give information to a third party on the client's behalf.

EXCEPTIONS TO THE ABOVE

There are exceptions in which the law may over-ride an individual's right to have information kept confidential, and may require that it be disclosed to a third party without consent, if it is felt you were at risk to yourself or others, this would be discussed with you prior to action being taken. However, the counsellor retains the right to do so without prior consultation with you, should they consider that the urgency of the situation requires them to act immediately to safeguard the safety of yourself and or others.

SCHEDULE OF SESSION

Sessions will last for 50 minutes per week, at an agreed time and day (unless changed by agreement) and will be provided on a one to one basis. Should you arrive late for your session, the session will finish at the originally agreed time. If you fail to attend an arranged appointment with no contact or notice your case will be closed. If you cancel two consecutive appointments without prior warning, we will also close your file (exceptions for holidays). You may still however re-refer at any time.

NOTE TAKING

This contract specifies that after the 50-minute counselling session during the remaining 10 minutes of the counselling hour, the counsellor will make notes in your file in relation to content and process of the counselling session. The notes are there to support the

counsellor to follow the counselling process. The client file will be kept in a secure place at the end of the session.

SUPERVISION

Supervision is something that every practising counsellor must have to maintain client and counsellor safety during the counselling relationship. This is to support the counsellor to explore the counselling process to ensure that the work is both ethical and effective. The counsellor will ensure that client confidentiality is maintained within their relationship with the supervisor.

Counsellor Name	Ro Bell	Client Name	Ricky Smith	
Date	06/04/2023	Verbal Consent	YES <input checked="" type="checkbox"/>	NO <input type="checkbox"/>

DAPL

Counselling Agreement

WHAT TO YOU HOPE TO ACHIEVE BY ATTENDING COUNSELLING?	<p>To be able to set some goals for my therapy</p> <p>Support with coming off opiates/Heroin and then onto Methadone 90mls down 5mg a month. Stopped at 30mls.</p> <p>Explore how I got to be here, and get out of the house? (Escape like 3 yr old me?)</p>
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WHAT ARE YOUR GOALS?	<p>To have been listened to</p> <p>To get stuff out there that I've never told anybody.</p> <p>To feel better about myself.</p> <p>I am seeking answers about my mental health.</p> <p>Suspending judgement</p>
ADDITIONAL INFORMATION (IF REQUIRED)	<p>Brother,</p> <p>Sexually abused – a few times. And found chasing lassies, get about them.</p>

Counsellor Name		Client Name		
Date	Click or tap to enter a date.	Verbal Consent	YES <input type="checkbox"/>	NO <input type="checkbox"/>