

Our Agreement

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers

My commitment towards you

My commitment is to be fully present with you and for you, whatever you may be experiencing in our sessions together; be it to support you in working through life's difficulties or an occasion to pause and celebrate when life seems to be flowing with ease. My aim is to be consistent and reliable, making sure our sessions run as smoothly as possible, while treating you with respect at all times.

I abide by the British Association for Counselling and Psychotherapy (BACP) ethical framework, which is accessible at www.bacp.co.uk/ethical_framework/

Your commitment towards therapy

Your commitment is to be willing to explore your experiences (emotions, thoughts, behaviours) as honestly and openly as you can, thus assisting the process of counselling and achieving your aims within it.

How I work

We start with an introductory consultation that lasts around 60 minutes. This allows us to explore what you're hoping to get out of therapy, and whether you feel comfortable with us working together. If we go ahead, there are two options:

A. Short-Term Agreement

Usually 6-12 sessions (to be decided based on your needs)

This option makes sense if you have a specific issue you want to work on and prefer the kind of framework provided by a time limit. Our last session will include a review of our work together, taking stock of your experience and consolidating your learnings.

At the same time, it is an opportunity for you to get a taste of what the process is about and a sense of rhythm around what it might be like to work on a weekly basis, should you wish to pursue it further.

B. On-Going Relationship

If it feels right, you may choose to keep going together on a steady basis. Research shows that what matters most in therapeutic outcome is the quality of the relationship between us (also known as 'therapeutic alliance'). Naturally, relationships deepen with time. Some advantages I see in this option are:

- ✓ There is no longer any pressure to “fix” things; you may relax in the process and trust that it will take as long as it needs to take. In my own therapeutic journey, knowing that I can count on a fixed appointment, where I will be processing my experiences with another person, has to a large extent relieved me of my “problems”, leaving me with more space in the present
- ✓ Our early patterns of relating took a long time to get established and, inevitably, cannot be changed overnight. Committing to long-term therapy makes it more likely to face old “daemons” that somehow keep coming back to “haunt” us in the present. Getting (re)acquainted might give us the chance to reconcile with less acceptable sides of ourselves, allowing us to live more freely

On-going therapy is an open-ended process, so you decide when you want to conclude it for whatever reason. You are also welcome to consider taking a break for as long as feels right. The door is always open for you to come back to renew a short-term commitment or return to on-going therapy.

In both cases, subsequent sessions to the initial consultation last around 45 minutes and take place once a week on a fixed day and time that we will agree upon together. There is no one-size-fits-all and I am open to discussion if the above options don't quite work for you. I would be happy to find an alternative model tailored to your needs, as long as I also feel comfortable in it.

Fees

My full fee is €75 per session - Concessions available depending on your circumstances (I am sensitive to socioeconomic disparities and hope that we can bridge that gap if you wish to work with me – in the case of On-Going Relationships I charge a monthly fee, typically €150-€300)

For reasons of convenience, I prefer a payment at the beginning or the end of each calendar month. If I have not received a payment by the end of the following month, I hold the right to terminate our sessions until the outstanding amount has been cleared. You may pay:

- ✓ In Cash
- ✓ Via Bank Transfer (only works within SEPA - Single Euro Payments Area)

BANK - Viva Wallet
 BENEFICIARY - ΔΕΣΠΟΤΑΚΗΣ ΣΤΥΛΙΑΝΟΣ ΤΟΥ ΚΩΝΣΤΑΝΤΙΝΟΥ
 IBAN - GR2270100000000330137215921
 BIC/SWIFT - VPAGRAA

- ✓ By Card (also works outside SEPA), using the following link

<https://pay.vivawallet.com/building-bridges-psychotherapy>

Cancellations / Missed Sessions

As described above, the idea is that we will be meeting once a week on a fixed day and time, which will be reserved specifically for you.

- In case of a Short-Term Agreement, if you wish to make any change or cancellation to our appointments I ask for a full week's notice, otherwise the standard fee will be charged.
- For On-Going Relationships, I charge a monthly fee, which means you are free to attend as many of our weekly sessions as you wish, without that affecting our financial agreement.
- Either way, in case of illness or emergency, I am happy to reschedule our appointment without any extra cost.

I will also give you as much notice as possible if I have to cancel or reschedule a session for any reason and a few weeks' notice for holidays. I usually take 1-2 week(s) off for Christmas, 1-2 week(s) off for Easter and 4-6 weeks off in the Summer.

Confidentiality, Security & Supervision

The process of counselling is strictly confidential. Whatever we say in our meetings stays within the boundaries of our working relationship. The only person I would share information from our sessions is my clinical supervisor, thus improving the quality of my services towards you. Still, I will not disclose your surname or any unnecessary identifying details.

I may have to break confidentiality in rare occasions (for example when your or another person's life is in danger or if there are any serious child protection issues). I will, nevertheless, always endeavour to talk to you first, before breaking the confidentiality rule, and hopefully involve you in any such decision.

I am taking data protection measures for our online work together. However, we will be using third party software for our sessions (such as Zoom, Signal, Viber, WhatsApp) and I cannot be held responsible for any leak on their part.

As I aim to offer confidentiality regarding our sessions, I would ask that you do the same by not sharing any of the content with any third party online (of course it's ok to talk with your friends about it).

- Looking forward to working with you -