

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.

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, Viber or 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).

How I work

We start with an introductory session. 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, we shall decide on an initial number of sessions. Sessions last fifty minutes and take place once a week on a fixed day and time that we will agree upon together. I tend to suggest trying it out until the next "natural break" (Christmas/Easter/Summer), but if that feels like too much of a commitment to start with, 3-4 sessions can be enough to get a taste of what the process is about and a sense of rhythm around what it might be like to meet on a weekly basis. Our last session will include a review on how things went, and from there on it is up to you how you want to proceed:

A. On-Going Therapy

If it feels right, you may choose to keep going 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 once a week, 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.

B. Stop-and-Go Therapy

Alternatively, you may consider taking a break for as long as feels right. A break is an opportunity for you to see how things may have changed through our sessions at your own pace and your own time. At any point you may opt to come back to renew a short-term commitment to work further on the same or another issue, or decide that you'd actually like to explore on-going therapy.

There is no one-size-fits-all. I am always open to discussion if any of the above don't quite work for you and 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). You can 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>

If we're meeting in person, I am happy to be paid after every session. Alternatively (if we're meeting online or you just happen to find it more convenient), you can make a payment at the end of each calendar month corresponding to the number of sessions we had within it (or do so in advance if this is what you prefer). If, however, I have not received a payment by the beginning of the following month, I hold the right to terminate our sessions until the outstanding amount has been cleared.

Should I need to increase my fees, I will let you know 8 weeks in advance.

Cancellations / Missed Sessions

As described above, the idea is that we will be meeting on a regular basis at a fixed time and day during the week. On occasion, given 24h+ notice I am ok to reschedule or even cancel an appointment. If this happens repeatedly however, we would need to look at our agreement anew. In case of a missed session (i.e. no notice) or late cancellation (i.e. less than 24 hours' notice) the standard fee will be charged. Nonetheless, if you are prevented from attending due to emergency or illness, I am ok to reschedule the appointment without any extra charges.

I will also give you as much notice as possible if I have to cancel 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.