



Nicola Jarrott Counselling

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## Confidentiality and Counselling Agreement

Counselling offers a confidential space to talk openly and safely. This document explains how confidentiality works and what you can expect from the counselling relationship.

This document is provided so you can understand how counselling with me works. A signed copy may be requested before or during our work together.

### Confidentiality

Everything shared in counselling is treated as confidential. I will not disclose information about our sessions to anyone else without your consent.

### Online counselling

When sessions take place online, they are held via Google Meet.

While online platforms are secure, confidentiality cannot be guaranteed in the same way as face-to-face sessions. I take reasonable steps to protect your privacy, and I ask that you do the same by choosing a private space and using a secure internet connection.

If there are any technical difficulties during an online session, we will agree together how to proceed.

### Limits to confidentiality

There are rare situations where confidentiality may need to be broken. These include:

- If there is a serious risk of harm to you or to someone else
- If required by law

Wherever possible, I would aim to discuss this with you first.

### How counselling works

Counselling is a collaborative process. You will not be told what to do or expected to have clear goals from the start. We will work at a pace that feels manageable for you.

You are welcome to bring whatever feels important, whether that feels clear or uncertain.

### Professional practice

I work in line with the BACP Ethical Framework, attend regular clinical supervision, and engage in ongoing professional development to support safe and reflective practice.

By signing below, you confirm that you have read and understood this Confidentiality and Counselling Agreement.

Client Name:

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Signature:

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Date:

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