



Nicola Jarrott Counselling

Buckinghamshire, UK

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## Terms and Conditions

These terms outline how counselling sessions are arranged and help ensure clarity for both of us.

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.

### Sessions

Sessions usually last 50 minutes and take place either in person in Buckinghamshire or online via Google Meet, as agreed in advance.

Online sessions require a private, quiet space and a stable internet connection. You are responsible for ensuring you are in a suitable environment where you feel able to speak freely.

Counselling is a collaborative process. You are not expected to have clear goals from the outset, and sessions will be guided by what feels most helpful for you.

### Fees and Payment

Fees are agreed before sessions begin. Payment is required in advance by bank transfer, or as otherwise agreed.

### Cancellations

I ask for at least 48 hours' notice if you need to cancel or reschedule a session.

Sessions cancelled with less than 48 hours' notice may be charged at the full session fee, unless there are exceptional circumstances.

This helps me manage a limited number of weekly sessions fairly and sustainably.

### Availability

Session availability will be discussed together. While I aim to be flexible where possible, regular session times are not guaranteed.

### Ending counselling

You are free to end counselling at any time. I may also suggest ending or reviewing the work if I feel another form of support would better meet your needs. Where possible, this will be discussed openly and respectfully.

By signing below, you confirm that you have read, understood, and agree to these Terms and Conditions.

Client Name:

Signature:

Date:

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