



Rebecca Moughtin

BA Counselling & Psychotherapy 2014

Postgraduate Certificate in Education 2018

KCCS & John Bradley training in Children and Young People

MSc Consciousness, Spirituality & Transpersonal Psychology
2025

Client Contract

How I practice

I offer Person-Centred Counselling – where you are at the centre of the work – which translates to a safe space for you to explore your difficulties. I will not judge you, give advice or tell you what to do. Rather, I will encourage and empower you to come to your own conclusion. It can be a challenging process. I ask that you commit to yourself and maintain regular attendance for the best outcome.

When we will meet

Our sessions are 50 minutes. I cannot see you outside of the arranged time if you arrive early or over 15 minutes late. We will work together for as long as you feel is helpful and will have regular reviews to track your progress. You can choose to end at any time. I ask for 1 weeks notice to be given, so we can plan for an ending.

What you will pay

My fees are £60/session and are payable in advance, no later than 24 hours before the session. I will text/email you within the 24 hours before the session to confirm the appointment. If you do not respond and have not made payment, I will assume the session will not be taking place.

Changes/cancellations

If you need to change or cancel an appointment, 24 hours notice is requested, otherwise full payment is required.

If I need to change or cancel an appointment, I will contact you as soon as possible and rearrange another suitable day and time.

Contact

Contact outside of the session will be to confirm, change or cancel appointments, and happen via phone call/text/email (whichever is preferred for you) Monday-Friday from 9am-6pm. Outside of these hours, you can expect a response the following working day.

Confidentiality

Anything you discuss in session remains confidential – kept private between you and I. The only exception to this is if you or someone else is at serious risk of harm. Where possible, I will share the intention of breaching confidentiality with you and talk through the steps I will take, and what may happen as a result. This may not be possible in emergency situations to protect our safety.

I have clinical supervision with a qualified counsellor who I may discuss our work with. This is to maintain best practice and ensure I am supporting you to the best of my ability. I will only use your first name to protect your identity. My supervisor is also required to maintain confidentiality as stated above.

I am required to keep a record of all of our sessions and issues discussed. The brief notes act as an aid memoir. All notes are stored securely in accordance with GDPR requirements. I may request to record sessions during periods of study – you can decline consent.

Other than as described, I will not disclose anything discussed in our sessions to anyone without your explicit consent, a court order or a coroner's request.

If I see you in public, I will always take your lead on addressing each other. This is to protect your confidentiality and prevent explanations of connection.

Professional standards

I am a registered member of a recognised professional body, the British Association of Counselling and Psychotherapy (BACP), and work to their ethical framework. If you have any issues with any aspect of my service, in the first instance, please raise it with me as soon as possible. I will do all I can to resolve any difficulties to your satisfaction. If you are still unhappy, I can seek the services of an experienced mediator. If unresolved, you can raise a complaint with my professional body.

BACP contact details: 01455 883300 bacp@bacp.co.uk

Signed counsellor: 

Signed client:

Date: