



KIMIYA HEALING

kimiahealing.co.uk

Safa Boga RCST BSc Hons PGDip

THERAPEUTIC AGREEMENT

ABOUT ME

I'm a fully supervised member of the Craniosacral Therapy Association. Membership number:1804 I am bound by their Code of Ethics and Standards of Practice which you can find [here](#). I am fully compliant with GDPR. Our sessions are strictly confidential.

MY SUPERVISION

I am fully supervised and undertake my own personal craniosacral integration. During supervision, client work may be discussed but with anonymity.

CONFIDENTIALITY

I do not discuss or disclose your name to anyone, including my own supervisor. I may discuss and write about client cases on my website, in which case no names are mentioned and certain details are changed so that people cannot be easily identified. I may have to break confidentiality if I consider there is an imminent risk that you might harm yourself or others. I would usually always let you know that I am breaking confidentiality and explain why I believe it is in your best interest for me to do so. In the case of a disclosure concerning acts of terrorism, vulnerable adult or child protection issues or drug trafficking, confidentiality will be breached and such disclosures will be passed onto the relevant authority without delay.

HOW WE WILL WORK

We have agreed to work together for ___ sessions arranged weekly / bi monthly / other. This means our work takes place on a regular schedule and I will always keep this time available for you as long as we have agreed to work together. This ensures that there is a container for your process, that you are being met therapeutically on a regular basis for the duration you need, and that I can fully support your process. Our therapeutic relationship will remain professional one at all times, the boundaries of which (such as contact outside of our sessions) can be agreed between us during our sessions.

HOLIDAYS

If you are booking a treatment package you will need to notify me of any upcoming holidays that will interrupt our weekly schedule at the time of booking. Otherwise, the absence will be counted as a cancellation and the full fee will be payable. You will be notified of any holidays to be taken by myself well in advance. However, there may also be occasions when sessions may be cancelled because of illness or because of attending training sessions or meetings. I will try to give you as much notice as possible of any cancellation, and will offer an alternative time.

SESSION NOTES

I take notes during and after each session we have. These notes will be securely stored in accordance with the Data Protection Act (1998). I am legally required to retain the notes for 7 years, after which if therapy is no longer taking place I will safely dispose of them. My notes are not disclosed to anyone, including my supervisor and are kept private unless required under a court of law subpoena. You have the right to inspect your notes should you so wish, and this request will be fulfilled during a therapy session.

SESSION DURATION

Our sessions will last approximately one hour. I reserve the right to adjust the time for therapeutic reasons based on individual requirements. For example, there may be an occasion where a session may last 45 minutes or 65 minutes if that is what I deem to be appropriate for your body and to enable the integration work to take place in the safest way.

TREATMENT PROGRAMMES

If you are engaged in a treatment programme the sessions will all be paid for upfront and in advance, and your sessions are scheduled into the diary. These sessions are not transferable to friends or family, including if you have paid but are unable to make the date.

PAYMENT

I take payment in advance by bank transfer or cash on the day.

LATE SHOWS

If you are late for our session we will continue with our allotted time. Extra time will not be available due to the impact this will have on other clients that day.

RESCHEDULING

If you need to reschedule a session and you have provided 24 hours notice I will do my best to offer you an alternative session in the same week. This may not always be available. If you are on a weekly treatment programme there are no more than 2 reschedulings allowed. This is because programmes consist of weekly work and are priced and crafted to facilitate weekly work.

CANCELLATIONS

My cancellation policy is strictly 24 hours, after which the full fee is payable. If for any reason I need to cancel the session with you I will also notify you with 24 hours notice and try to offer an alternative date.

TERMINATIONS

If you are engaged in a treatment programme of a certain number of weeks you are committing to engaging and completing the treatment path laid out. Terminations can be made, if discussed together during the session, but refunds will not be available. Once our session agreement has come to an end and you have completed your set number of therapy sessions you are free to terminate therapy.

I will not suddenly or without warning terminate our contract, except in exceptional circumstances, which would become clear in the course of the/our work together as I would usually always discuss this with you and give it time to be processed. Threats or acts of violence or intimidation will invalidate this agreement and therapy will cease immediately.

Therapists & Clients consent

CLIENT SIGNATURE

DATED.....

THERAPIST SIGNATURE

DATED.....