



Mike
Nistor
Therapies

Therapeutic Contract

All sessions, including the initial consultation, are subject to the following terms and conditions:

1. Therapy is based on cooperation between parties. On my part, I will use my best efforts and skills towards reaching our common goals. On your part, you must strive to engage with the process and contribute to the best of your ability. It is important to understand that counselling/hypnotherapy is not a replacement for medical or psychiatric treatment.
2. The sessions will take place via Zoom. It is recommended that you attend alone in a safe space where you can talk freely. If for whatever reason the session must take place anywhere else (e.g. your car), please endeavor to make use of headphones to reduce external interference.
3. Contact between sessions is allowed and the preferred channel is WhatsApp. I am here to support you 100%.
4. Cancellation of less than 24 hours' notice will lead to the client being charged for the full cost of the session. If the session does not take place due to any fault of mine, you will have the option of rebooking or a full refund.
5. Payment can be made via bank transfer at least 24 hours before each session once the date/time has been agreed upon. Electronic receipts can be provided. Please send payment to Mihai Matei Nistor, Starling Bank, sort code 60-83-71, account 58021020. International clients can use PayPal and/or Revolut as alternative payment.
6. Appointment reminders are not provided. It is your responsibility to attend the session at the correct time. If you are running late, please let me know so I can advise if a full session is still possible (depending on subsequent bookings).
7. I will always treat you with respect and commit to using best practice to achieve our mutual goals. On your part you must commit to attend sessions without being under the influence of alcohol or recreational drugs, except those medications which have been prescribed by your doctor. If you do so and engage in antisocial or abusive behaviour, I will cancel the session and may refuse to see you for any further therapy sessions.
8. All contact (including sessions, telephone conversations, postal correspondence, and emails) will be conducted in complete confidence. Some information may be recorded in writing or audio (your agreement will be specifically sought for this) for a matter of record and assessment. All communication between us will remain confidential unless the following conditions are met:
 - a. You advise me that confidentiality can be broken,
 - b. I am compelled to disclose details by a court of law,
 - c. There is a possibility that you are a danger to yourself or others,

- d. There is evidence of fraud or a crime,
 - e. A GP or other referring professional requires a report. You have the right to receive a copy of this report.
9. I am committed to ensuring the protection of all personal information that is held by me, and to provide and to protect all such data within the requirements of GDPR. Feel free to ask me about such arrangements and remember that you have full access to your sessions notes whenever you wish.
10. While I hope this will never come to pass, you may have concerns or complaints regarding your therapy. I would ask that you discuss any such concerns with me first and I will do my best to solve any issues. However, should you wish to escalate any problems please see the National Counselling and Psychotherapy Society's complaints procedure available on their website.
11. You are free to terminate a session or the whole therapeutic process at any time, without explanation.
12. As your therapist, I subscribe to the following ethical principles in terms of practice:
- a. I honour and respect the subjective nature of the therapeutic experience,
 - b. I honour and respect your views, beliefs, ideas and goals,
 - c. I do not make any judgments, least of all on your gender, beliefs, sexuality or ethnic background,
 - d. I will use all my resources to meet our common goals, but I will equally be honest and transparent about my training and limits and the boundaries between mine and other related professional areas.
 - e. My sole focus is your wellbeing, we will consult on your treatment plan and any procedure will be fully explained and validated by you.

