

COGNITIVE BEHAVIORAL THERAPY (CBT) CONTRACT AGREEMENT

This CBT Therapy Contract ("Agreement") is made and entered into by and between:

Therapist: Andrew Lewis-Smith

BABCP Accreditation number:

Email:

AND

Client: Date of Birth:

Address:

Phone:

Email:

Effective Date (start date of therapy):

Location of Sessions: Virtual Platform - Zoom.

1. Purpose of CBT

Cognitive Behavioral Therapy (CBT) aims to help the client identify and understand negative thought patterns and behaviors that may be contributing to their emotional distress. Through structured, goal-oriented interventions, CBT will help the client develop more adaptive and realistic ways of thinking and behaving to improve their emotional well-being.

2. Therapeutic Process

- **Sessions:** Sessions will generally last 50 - 60 minutes. CBT sessions are typically structured with a clear focus on both cognitive (thought-based) and behavioral (action-based) interventions.
- **Homework Assignments:** CBT requires active participation outside of sessions. The client will be given homework assignments designed to practice new skills, behaviors, or thought patterns. These are essential for making progress and achieving goals.
- **Structure of Sessions:** Each session may include:
 - **Agenda Setting:** The therapist and client agree on the session's focus and specific areas to address.
 - **Review of Progress:** Discussion of previous homework assignments and progress.
 - **Cognitive and Behavioral Interventions:** Exploration of thoughts, emotions, and behaviors, followed by practical exercises or interventions.
 - **Homework Assignment:** New assignments to continue practicing skills learned in the session.

3. Confidentiality

All information shared within sessions is confidential and will only be shared with others if:

- The client provides written consent.
- There is a concern about the safety of the client or others (e.g., risk of harm).
- A legal requirement mandates disclosure (e.g., subpoenas, mandatory reporting laws).

4. Goals of Therapy

The goals of CBT are to help the client:

- Identify negative thinking patterns that contribute to distress.

- Challenge and reframe unhelpful thoughts.
- Develop new coping strategies and problem-solving skills.
- Engage in behaviors that align with personal values and goals.

The client and therapist will collaboratively set specific goals at the beginning of therapy and periodically assess progress toward achieving those goals.

5. Fees and Payment

- **Fee Structure:** The fee for each CBT session is £80 per session.
- **Payment:** Payments can be made by Bank Transfer only prior to the commencement of each session.
- **Cancellations:** If you need to cancel or reschedule a session, please provide at least 24 hours' notice. Cancellations with less than 24 hours' notice may incur a cancellation fee of 50% of the session fee. If the therapist cancels a new appointment will be offered for the earliest possible date. It is understood that exceptional circumstances may mean that it is not possible to provide 24 hours notice for either the client or the therapist.

6. Client Rights and Responsibilities

- **Right to Participate:** The client has the right to actively participate in the therapeutic process and provide feedback to the therapist about the treatment.
- **Right to Terminate:** The client has the right to terminate therapy at any time, although it is recommended that the client discuss this decision with the therapist to ensure a proper ending of therapy.
- **Responsibility to Participate:** CBT requires the client's active involvement, including engaging in session activities and completing homework assignments outside of therapy sessions.
- **Honesty:** Full transparency is important to the effectiveness of CBT. The client is expected to be honest and open during sessions, especially when discussing thoughts, emotions, and behaviors.

7. Therapist Rights and Responsibilities

- **Right to Direct Therapy:** The therapist has the right to structure and direct the therapy in a way that aligns with CBT principles. The therapist may suggest homework assignments or behavioral interventions to assist the client in reaching their goals.
- **Responsibility to Provide Ethical Treatment:** The therapist agrees to provide services in accordance with professional ethics and standards, including maintaining confidentiality and respecting the client's dignity.
- **Responsibility for Professional Development:** The therapist agrees to seek supervision or engage in continuing education to maintain competency in providing CBT services.

8. Termination of Therapy

Either the therapist or the client may terminate therapy at any time. However, the therapist will discuss this decision with the client to ensure it is done in a way that is constructive and beneficial for the client. A proper termination process may include:

- Reviewing progress made during therapy.
- Discussing any remaining issues.
- Developing a plan for continued self-care or future therapy, if necessary.

9. Client Consent for CBT

By signing this contract, the client acknowledges that they understand the nature of Cognitive Behavioral Therapy, the goals of treatment, and the importance of active

participation in the process. The client agrees to work collaboratively with the therapist to achieve their goals and to engage in therapeutic homework as assigned.

10. Informed Consent

By signing below, both parties acknowledge that they have read and understand the terms of this CBT Therapy Contract and voluntarily consent to therapy based on the outlined conditions.

Signatures

Therapist's

Signature: _____ **Date:** _____

Client's

Signature: _____ **Date:** _____

This contract is designed to ensure that both the therapist and the client are in agreement regarding the expectations, structure, and responsibilities within the therapy process.