

(place) Wrocław, (date)

Psychotherapeutic Contract

between:

Patient (Client)

and

Psychologist (Psychotherapist)

.....

Beata Anna Cichy

Includes the following rules:

1. Psychological therapy session lasts 45-50 minutes and takes place *every week/every second week* excluding previously planned absences of the psychologist or the patient. The sessions take place on Bacciarellego 2B street, 51-649 in Wrocław or online. There is a possibility to increase or decrease frequency of meetings if the psychologist agrees.
2. The cost of one meeting is ____ PLN that has to be paid beforehand/right after the session:
 - a) onto psychologist's account:
Payment recipient: Beata Cichy
Account number: 12 1020 5558 0000 8702 3121 5350
Title of the transfer: psychotherapy
 - b) via Blik to phone number (+48 607 108 874)
 - c) paid by cash before the session or via znanylekarsz.pl.

The patient understands that they can cancel the session up to 24 hours before it starts. In case of delayed cancellation or no-show, the patient has to cover (via bank transfer/Blik) the full cost of the session within two days from the date the session should have taken place.

The cost of psychotherapeutic sessions can be increased during the process, however no more than once a year.

3. Confidentiality

Psychologist is obliged to deviate from professional secrecy in cases described by Polish Law which include:

- Threat to patient's life or health;
- Threat to life or health of others;
- Exemption from professional secrecy issued by the Court or other entitled authorities
- Other exceptional cases provided for in Polish Law.

4. The Psychologist is not allowed to provide any information regarding the patient to any third parties unless the patient authorises them in a written form.
5. Therapeutic goals are defined by the patient and are of a dynamic nature – may change during the course of psychotherapy.
6. The patient understands that there is a risk of worsening of their psycho-physical state during the course of psychotherapy which is caused by the changes occurring in the patient's mindset. The patient should immediately inform psychologist about it in order to be able to diagnose the cause and alleviate the difficulties.
7. The patient is an independent individual who is responsible for themselves. The patient understands that the psychologist does not take responsibility of the way the patient uses newly-acquired knowledge (during the course of psychotherapy) and with what result.
8. The psychologist makes a commitment to reliably use her knowledge and skills and to obey the Psychologists' Ethics Code in the best possible way to help the patient.
9. The patient makes a commitment to be honest in their statements which is crucial for the therapeutic process to occur in the correct way.
10. The psychologist may request the patient to consult another specialist – for example a psychiatrist. The patient understands that the consultation is obligatory in that case and will undertake it.
11. The patient has the right to finish the therapeutic process earlier than the psychologist suggests. However, the patient understands that it is needed to undertake one last session in order to close the process.
12. The psychologist has the right to resign from leading patient's therapy, however she needs to give a valid reason for that and refer the patient to another specialist, who according to psychologist's subjective assessment, is able to take better care of patient's needs.
13. Any change to Psychotherapeutic Contract has to be contained in a written form.
14. Psychotherapeutic Contract has been drawn up in two identical copies – one for the patient and one for the psychologist.

I am aware of the rules concluded above, I understand and accept them.

Patient's signature:

Psychologist's signature: