Wrocław, date: .....

Therapeutic Contract

Couples and marriage therapy

CLIENTS	PSYCHOLOGIST, PSYCHOTHERAPIST
_____ full name	**Beata Anna Cichy, MA**
_____ full name	

This contract includes the following rules:

1. A couples therapy session lasts 60 minutes and takes place weekly, except for absences of the Psychologist or the Clients announced in advance. The contract may be terminated at any time after one summary session (please give notice before the session). Sessions take place in person at ul. Bacciarellego 2B, 51-649 Wrocław, or online. The format may be changed from in-person to online even on the day of the session, by the Clients as well as by the psychotherapist. The psychotherapist reserves the right to provide therapy exclusively online for a maximum of 1.5 consecutive months per year, and occasionally for single sessions.
2. The fee for a session is _____ PLN, payable before or immediately after the session to the Psychologist's account:
   Recipient: Beata Cichy
   Account number: 12 1020 5558 0000 8702 3121 5350
   or by phone transfer (BLIK) to: 607 108 874, via znanylekarz.pl, or in cash.

   The Clients understand that a session may be cancelled up to 48 hours before it begins. In the event of late cancellation (regardless of the reason) or non-attendance, the Clients cover the cost of the session by the end of the day following the date on which it was scheduled. The Clients have the right to 4 free cancellations per calendar year, made at least 48 hours before the session. Each further cancellation is charged in full. The Clients understand that a lack of regularity in sessions significantly reduces the effectiveness of the therapeutic process*.

   The session fee may be increased during the course of therapy, but not more than once per calendar year.
3. The psychologist's profession is bound by professional confidentiality, which the psychologist is obliged to waive in the following cases:
   - a threat to the health or life of the Clients;
   - a threat to the health or life of other people;
   - release from professional confidentiality by a court or other authorities entitled to do so under Polish law;
   - other exceptional situations provided for by Polish law.

4. The Psychologist may not disclose information about the Clients to any third parties except in the situations listed in point 3. The Psychologist may disclose information only to persons authorised in writing by the Clients.
5. The psychologist's work may be subject to supervision – i.e. consultation with a more experienced specialist. In such cases, the situation of the Clients may be discussed, without disclosing sensitive data, with a certified supervisor/supervisor-in-training of the Polish Psychological/Psychiatric Association. The Psychologist may ask for permission to record a session solely for supervision purposes – each of the Clients has the right to refuse the recording (details: annex "Informed consent to audio recording of therapy sessions").
6. Therapeutic goals are set together with the Clients and are dynamic – they may change during the process.
7. The Clients understand that their psychophysical condition may temporarily worsen during therapy as a result of changes taking place within them. The Clients should inform the Psychologist during a session about any deterioration in their wellbeing, so that its cause can be identified and the difficulties eased.
8. The Clients are independent persons responsible for themselves. The Clients understand that the Psychologist is not responsible for how the Clients use the knowledge gained during therapy, or with what result.
9. The Psychologist undertakes to use their knowledge and skills diligently and to observe the Psychologist's Code of Ethics in order to help the Clients as well as possible.
10. The Clients undertake to be honest, which is necessary for the therapeutic process to proceed properly.
11. The Psychologist has the right to recommend a consultation with another specialist – e.g. a psychiatrist. The Clients understand that such a consultation is then necessary and agree to undertake it.
12. The Clients have the right to end the therapeutic process earlier than recommended by the Psychologist. However, they undertake to attend a final session, which serves to close the therapeutic process.
13. The Psychologist has the right to withdraw from providing therapy to the Clients, but must give a valid reason and recommend another specialist who, in the Psychologist's subjective opinion, will be better able to address the difficulties of the Clients.
14. Any change to the rules of this Therapeutic Contract must be made in writing.
15. This Therapeutic Contract has been drawn up in three identical copies, one for each of the Clients and one for the Psychologist.

We are aware of the above rules, we understand them and accept them.

Client's signature	Client's signature	Psychologist's signature

* Research: 1) Erekson, D.M. et al. (2015). "The relationship between session frequency and psychotherapy outcome in a Naturalistic Setting"; 2) Lin, T. et al. (2024). "Trajectories of change in weekly and biweekly therapy"; 3) Tiemens, B. et al. (2019). "Lower versus higher frequency of sessions in starting outpatient mental health care".