Wrocław, date: .....

Therapeutic Contract

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

This contract includes the following rules:

1. A psychological therapy session lasts 45–50 minutes and takes place weekly, except for absences of the Psychologist or the Client 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 Client 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 Client understands 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 Client covers the cost of the session by the end of the day following the date on which it was scheduled. The Client has 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 Client understands 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 Client;
   - 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 Client 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 Client.
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 Client 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 – the Client 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 Client and are dynamic – they may change during the process.
7. The Client understands that their psychophysical condition may temporarily worsen during therapy as a result of changes taking place within them. The Client 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 Client is an independent person responsible for themselves. The Client understands that the Psychologist is not responsible for how the Client uses 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 Client as well as possible.
10. The Client undertakes 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 Client understands that such a consultation is then necessary and agrees to undertake it.
12. The Client has the right to end the therapeutic process earlier than recommended by the Psychologist. However, the Client undertakes 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 Client, 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 Client.
14. Any change to the rules of this Therapeutic Contract must be made in writing.
15. This Therapeutic Contract has been drawn up in two identical copies, one for the Client and one for the Psychologist.

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

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".