



BRADLEY KNIGHT

CLINICAL PSYCHOLOGIST

MA Clinical Psychology and Community Counselling (Stell.)

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PSYCHOTHERAPY AGREEMENT

Bradley Knight is a Clinical Psychologist (herein referred to as the Practitioner) in Private Practice at the Mediclinic Crescent Mental Health Services facility in Main Road, Claremont, Cape Town and is a Registered Member of the Health Professions Council of South Africa (HPCSA). The Practitioner's primary focus is to provide safe and effective psychotherapy in an environment based on respect and a commitment to the Client's well-being. This contract is intended to explain the practicalities of the Psychotherapy Agreement between the Practitioner and the Client. The following is a summary of the terms and conditions under which psychotherapy is provided to the Client. Please read it carefully before signing below.

- LOCATION:** Outpatient and Inpatient psychotherapy sessions are offered at the Mediclinic Crescent Mental Health Services premises; 269 Main Road, Claremont, Cape Town.
- ONLINE THERAPY:** Psychotherapy is generally not provided via telephone, text messages or via email. Occasional therapeutic support may take place online by prior arrangement, but this will be during the course of therapy and not at the outset, unless otherwise arranged between the Practitioner and the Client.
- AFTER-HOURS:** No emergency or after-hours service is provided by the Practitioner. In the event of a mental health emergency, the Client should consult their GP or treating Psychiatrist or go to their local Hospital Emergency Services Unit, as appropriate. After-hours telephonic crisis support is available by calling the South African Depression and Anxiety Group (SADAG) 24-hour toll-free Helpline on 0800 567 567.
- DURATION:** Psychotherapy sessions generally last for 50 minutes. Every effort is made to adhere to the schedule appointment times, but due to the nature of the work done in therapy, occasionally there may be the possibility of sessions overrunning by 5-10 minutes if the previous Client requires further containment. Your understanding in this regard is appreciated.
- PROCESS:** The psychotherapy process commences with an assessment phase, where your current difficulties are explored and a personal history taken to gain a better understanding of your life experiences. This also helps us mutually determine whether we are a good fit for therapy or whether other options might be better suited to your needs.
- CONFIDENTIALITY:** Psychotherapy sessions are Private and Confidential, therefore everything discussed in the session is held in confidence, except in certain special circumstances, which include the following: when there is a high risk of harm to self or others, when the Client is themselves in harms' way and when involvement in/knowledge of a serious crime is reported. In such cases, confidentiality is breached for the appropriate course of action to be taken. These serious concerns will always be discussed with you first before any breach of confidentiality takes place. In normal circumstances your right to confidentiality will be valued very highly.
- FEES:** Fees settled privately are payable at the end of every session. The Client is primarily responsible for the payment of the fees should the account for any reason not be settled by their medical aid or sponsor. For the Client's convenience, card machine facilities are available in Reception. Accounts paid privately need to be settled before leaving the facility.
- CANCELLATIONS AND NON-ATTENDANCE:** If you are unable to keep your scheduled appointment, please notify the receptionists immediately on 021 761 1188. No charge is made for appointments cancelled with 24 hours' notice. Please note that fees for appointments not kept or cancelled without 24 hours' notice will be charged to the client, not the medical aid. Unless cancelled due to an emergency, appointments cancelled with less than 24 hours' notice will incur a late cancellation fee for the Client's account (50% of the standard fee) and if the Client fails to attend the appointment without any notice given, the full standard fee will be charged to the Client's account, not the medical aid.
- MEDICAL ILLNESS:** If the Client becomes physically unwell with infectious symptoms (e.g. cold/flu) prior to or on the day of their appointment, please advise Reception immediately so that a decision can be taken to either meet online or reschedule the appointment if necessary. Sessions last for 50 minutes in an enclosed environment, so this precautionary measure is taken to reduce the risk of the Practitioner and/or other Clients falling ill due to exposure to transmissible illnesses.
- ASSESSMENTS AND REPORTS:** The Practitioner does not offer Psychometric testing or Report-writing services. If the reason for your visit is to obtain a psychometric report for workplace/academic functioning, please advise Reception. In this case, the Client will be advised to seek the services of a psychologist that offers such services. In the event of a detailed clinical report being required, a fee is incurred for the service.
- SICK NOTES:** Sick notes for time off from work/academia to attend appointments are provided on request but need to be declared at the start of the session.
- PSYCHO-LEGAL WORK:** The Practitioner does not offer Psycho-legal services in their Practice. If your reason for seeking therapy is related to a legal matter that requires psycho-legal reporting, please inform Reception. In this case, the Client will be advised to seek the services of a psychologist that offers such services.
- RECORDING OF SESSIONS:** The video or audio recording of part of or the whole session is not permitted without the explicit consent of both the Practitioner and the Client. Recording without consent will be regarded as a breach of trust in the therapeutic relationship.
- ATTENDING UNDER THE INFLUENCE:** Clients attending psychotherapy sessions while under the influence of any substances will be required to reschedule their appointment as the intake of substances may impair the process of psychotherapy.
- LEAVE:** In keeping with the practice of self-care, the Practitioner will take leave occasionally; these dates can be requested from Reception as they are finalised. In the event of a mental health emergency during this time, the Client should consult their GP or treating Psychiatrist or go to their local Hospital Emergency Services Unit, as appropriate. In the event of a mental health emergency, help is available by calling the South African Depression and Anxiety Group (SADAG) Helpline 0800 567 567 toll-free. The Client can also contact SADAG on 011 234 4837 or 0800 20 50 26 to speak to a trained counsellor who can provide therapeutic support during the Practitioner's leave of absence.
- TERMINATION OF THERAPY:** You have the right to terminate the therapy at any point. Wherever possible however, it is better that the ending of therapy is planned for and agreed between both the Client and the Practitioner.

I have read this contract carefully and I understand and agree to its contents.

Client Name: _____ Signature: _____ Date: _____

Practitioner Name: _____ Signature: _____ Date: _____