

## Agreement about training psychotherapy

Name of client: .....  
Contact number: .....  
E-mail address: .....

### The principles of training psychotherapy

Training psychotherapy is a therapeutic work with a client, which is supervised – overseen by a professional. The content of therapy is confidential with the exception of supervision and intervention, where are no personal details communicated. You only pay 400,- CZE for renting the room, for education and to cover supervision costs, the therapy itself is free of charge. If you agree, therapy session may be recorded and used only as a therapist's feedback, for the cultivation of therapy and educational purposes. You may change your attitude regarding the recording or not recording audio at anytime.

### Process of psychotherapy

- A psychotherapy session usually lasts for 50 minutes, once a week. The number of session unfolds according to your needs, your individual topics and my possibilities.
- My endeavour will be not to control or lead you or your actions somewhere. I perceive you as a person, who is capable and has the full potential to work on their own topics. I am not a doctor, I am not going to prescribe you any medicine, but if needed I can offer you cooperation with a mental health professional. The answers to your topics are in your own hands and I will be guiding and following you through this process.
- Important information is that therapy is a longitudinal process and results may not occur immediately after the first few sessions. Not always can you feel rapid or radical improvement; change often comes in small steps, little by little. If I find out, that the help of another professional would suit you better, I will provide you with all the important information and contact.
- I guarantee you discretion and secrecy in the sense of protecting your personal data and maintaining ethical codex. The exceptions in secrecy are situations, where the therapist has to fulfill his reporting obligation and when a serious crime was committed or is planned to be committed, which could endanger you or other people.
- During psychotherapeutic process you will have space to reflect on our cooperation.
- You may end the psychotherapeutic process anytime. Ending psychotherapy is done via a mutual agreement. I may also end the psychotherapy but only after consulting with you and my supervisor.
- You can find more information on our web pages – [www.terapeutickyprstav.cz](http://www.terapeutickyprstav.cz). If there is something unclear to you or if you have any questions, please do not hesitate to ask.

In Prague:

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*Signature of client*

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*Signature of psychotherapist in training*