

Confidentiality and Consent

1. Everything that we discuss in therapy will be confidential. Nick Arnott-Steel will not disclose any information discussed in sessions without your consent.
2. I understand that if Nick Arnott-Steel becomes concerned about a risk of harm to myself or others, he may need to break confidentiality in order to ensure my safety or the safety of others.
3. If I am concerned about my own safety or the safety of someone else, I understand that I should contact the police or, in the case of a psychiatric emergency, my local crisis resolution team.
4. I understand that Nick Arnott-Steel will keep session notes and may use psychometric measures or record other information related to my treatment. I understand that this information will be stored securely online using a secure database.
5. The cost of attending therapy with Nick Arnott-Steel is **\$190 per session**. I understand and agree that payment is required before attending the next session.
6. I understand that fees are reviewed annually on **1 January**.
7. I understand that cancellations made within **24 hours** of an appointment (including due to illness) will incur the full session fee, regardless of attendance.
8. I understand that any unpaid invoices may be referred to a debt collection agency if they remain unpaid. This may include my contact details being provided to the agency for the purpose of debt recovery.