



# UNIVERSITY MEDICAL CENTRE PSYCHOLOGICAL THERAPIES

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## THERAPY AGREEMENT

**Improving Access to Psychological Therapies (IAPT) is an NHS service providing short term, change focussed interventions for problems such as depression and anxiety disorders. Interventions are evidence based, informed by NHS guidance issued by the National Institute for Clinical Excellence (NICE) and tailored to your individual needs.**

### 1 Confidentiality is expected

- Client confidentiality is paramount and subject to relevant legislation, UMC policy and the standards of conduct of a therapists accrediting body. Your therapist may discuss your sessions with their supervisor to ensure the best treatment is provided for you. The content of your therapy sessions will be handled confidentially, and all notes stored securely in line with NHS standards for information handling.
- Any statistical data acquired from our routine outcome measures is anonymised.
- IAPT is part of wider NHS and social care services who are there to support your mental health and wellbeing. Your therapist has a professional duty of care and if they are concerned for your personal safety and the safety of others, including children, they may need to disclose information to an appropriate professional and/or agency in order to get you to the right support.

**2. Commitment to therapy sessions** – Therapy is a collaborative process and we know that regular attendance at sessions is essential to ensure that therapy is successful.

Our service policy on attendance is:

- You are expected to attend all of your appointments
- If you cancel an appointment with less than 72 hours' notice, this will be counted as one of your treatment sessions as we will be unable to offer the time to another patient
- If you cancel 2 appointments, this will result in discharge from the service as commitment to the therapy is vital to ensure it is successful for you
- If you do not attend a session without any prior notice, you will be discharged from the service
- Regularly rearranging appointments may also result in your discharge from the service

**We appreciate that for some people it can be difficult to engage with treatment sessions. We ask that you attend at least three sessions before you decide to stay or withdraw. If you decide to withdraw, please discuss this with your therapist before withdrawing.**

**If you are unable to attend a session, please contact the administrative team on 01227 469338, leaving a clear message if the call is unable to be answered.**

**NOTE: If you do not attend an appointment and you have not informed us in advance, you will be discharged from the service unless there are exceptional circumstances.**

**3. Getting the best support-** It is standard practice to regularly review your progress together with your therapist to ensure that we are supporting you with the right intervention. Through this process if it is found that you need a different level, or different type of support then our service can offer, your therapist can work with you to find you the most appropriate support at that time.

**4. Set a treatment goal and keep focused** – Our interventions are time limited, so they can be intensive. It is therefore important to have a shared understanding of your problem with your therapist and be able to work towards a clear therapeutic goal. This goal needs to be meaningful to you, realistic and achievable within the time that therapy is provided.

**5. Continue working on your goal between your therapy sessions** – your therapist may set you tasks or “homework” to do between your therapy sessions. This can include using a reflection record, keeping diaries, reading, writing notes, practising new skills etc. Homework should be completed and brought with you to sessions, as commitment to the therapy is vital to ensure it is successful for you.

**6. Give honest feedback** - if something is not clear or you are not happy with your therapy progress, talk about it and discuss what needs to change. Your feedback will be always appreciated.

**7. Questionnaires** - you will be required to complete questionnaires at each session. We are constantly working to improve our service and these questionnaires support us to monitor your progress and evaluate the clinical effectiveness of our service, in line with NHS standards.

**8. Substance misuse** – Substance misuse can be a barrier to progress in psychological therapy. As part of our service guidelines, you will be required to reduce your substance misuse to within agreed NHS guidance which you therapist can discuss with you. You will also be required to abstain from misusing substances 48 hour prior to sessions and inform your therapist of any increase in your level of substance misuse. Should your substance misuse increase we can support a referral to another service to focus on reducing this.

Signature Client:

Date:

Signature Practitioner:

Date: