

THERAPEUTIC COLLABORATION AGREEMENT

This agreement establishes the framework for the therapeutic process between the psychotherapist and the client, ensuring safety, clarity, continuity, and mutual respect.

1. The Therapeutic Framework

The therapeutic process is conducted exclusively online and requires regular meetings in a private environment that ensures confidentiality and the client's active participation. The therapeutic framework consists of the collective conditions supporting the clinical work, including session frequency, the agreed schedule, session duration, payment terms, and collaboration guidelines.

2. Session Frequency

- The frequency of sessions is mutually agreed upon at the beginning of therapy and forms an essential part of the therapeutic framework.
- Based on the client's specific needs and clinical evaluation, the psychotherapist may recommend one or two weekly sessions.
- Any requests to modify session frequency must be discussed during sessions and analyzed together before implementation.
- Reducing frequency, temporarily suspending sessions, or altering the rhythm of meetings can be highly relevant therapeutic themes and should be explored within the process itself.

3. Bookings and Cancellations

- Sessions take place on the specific day and time mutually agreed upon.
- Any cancellation or rescheduling must be requested at least **24 hours in advance**.
- Cancellations made less than 24 hours before the session, as well as non-attendance (no-shows), will be charged in full.

4. Delays and Lateness

- If the client arrives late, the session will still conclude at the originally scheduled time.
- Lateness does not extend the duration of the session. Repeated delays or absences may become a subject of exploration within the therapy.

5. Payment Terms

- Payment for all sessions must be made **prior to the session**.
- Failure to complete payment will result in the suspension of future bookings until the account balance is settled.
- The psychotherapist reserves the right to modify fees. Any fee adjustments will be communicated at least 30 days before taking effect. The fee active at the time of notice will continue to apply throughout the notice period.

6. Emergency and Same-Day Sessions

- Sessions requested for the same day or with less than 24 hours' notice are classified as emergency sessions and are granted strictly subject to the psychotherapist's availability.
- The fee for an emergency session is **€80 / 50 minutes**.
- Payment must be completed prior to the session.

7. Confidentiality

Everything discussed within the sessions is strictly confidential and protected in accordance with current legislation and the Deontological Code of the psychological profession. Exceptions to the confidentiality rule are strictly limited to those provided by law.

8. Communication Limits Between Sessions

Communication via WhatsApp, SMS, or email is strictly reserved for administrative purposes regarding bookings, cancellations, and payments. Therapeutic intervention or support is not provided via messages, emails, or social media networks.

9. Breaks and Termination of the Therapeutic Process

- Either party may request to terminate the collaboration.
- Whenever possible, it is highly recommended to dedicate one or more final sessions to bringing the therapeutic process to a meaningful close.
- Extended breaks, repeated interruptions, or difficulties in maintaining the therapeutic framework may be explored as part of the therapeutic process.

10. Limitations of Collaboration

The psychotherapist reserves the right to suspend or terminate the collaboration if the necessary conditions for the therapeutic process can no longer be maintained.

These situations include, but are not limited to: repeated non-payment, failure to respect the therapeutic framework, frequent absences, repeated scheduling changes, or requesting a framework that is incompatible with clinical recommendations.

Client Name & Surname: _____

Client Signature: _____

Date: ____ / ____ / ____

Psychotherapist: Alexandra Marin