

Loretta Gold Psychotherapy

THERAPEUTIC COMMITMENT AGREEMENT

A Shared Commitment to Your Therapeutic Journey

Client Name

Date

A Personal Note

Thank you for inviting me to walk alongside you. Beginning therapy is a courageous step, and I don't take your trust lightly. My hope is that our work together becomes a space where you feel safe enough to be fully yourself - where healing happens through honesty, curiosity, compassion and consistency. This agreement simply sets out the foundations that help us create that space together. It is not a legally binding contract but a mutual commitment between therapist and client.

1. Commitment to the Therapeutic Process

I ask clients to commit to weekly sessions, particularly during the early stages of therapy. Regular attendance builds trust, maintains momentum and creates the best opportunity for meaningful and lasting change. As therapy progresses, session frequency may be reviewed together if clinically appropriate.

2. Session Fees & Payment

Payment is required before each scheduled session unless otherwise agreed in advance. Your appointment time is reserved exclusively for you, and payment secures that time.

3. Cancellation Policy

Please provide at least 24 hours' notice whenever possible. Appointments cancelled with less than 12 hours' notice, or missed appointments, will be charged at the full session fee. Genuine emergencies will always be considered with compassion and remain at the therapist's discretion.

4. Confidentiality

Everything discussed during therapy is treated with the highest level of professional confidentiality. Confidentiality may only be broken where there is a legal or ethical obligation, including serious risk of harm to yourself or another person, safeguarding concerns involving a child or vulnerable adult, or where disclosure is required by law. Wherever possible, this will be discussed with you first.

5. Communication Between Sessions

Email and text messaging are welcomed for arranging appointments and practical matters. Therapeutic work is undertaken during scheduled sessions rather than by email or text. I do not provide a 24-hour crisis or emergency service.

6. Punctuality

Sessions begin and end at the agreed time. If you arrive late, your session will still finish at the scheduled time in order to respect both our time and any subsequent appointments.

7. Ending Therapy

Therapy may be open-ended or time-limited. Whenever possible, we will agree together when therapy is coming to an end. A planned closing session allows us to reflect on your progress, acknowledge the work we have done together and bring our therapeutic relationship to a thoughtful and respectful conclusion.

8. The Therapeutic Relationship

I am committed to offering a compassionate, confidential and non-judgemental space. In return, I ask that you approach our work with honesty, openness and respect. If concerns or misunderstandings arise, I encourage you to bring them into our sessions, as these conversations are often an important part of the therapeutic process.

9. Changes to Fees or Practice Policies

Reasonable notice will always be given of any changes to fees or practice policies.

Agreement

By signing below, I confirm that I have read and understood this Therapeutic Commitment Agreement and agree to the commitments outlined above.

Client Signature

Therapist Signature

Client Name

Date