



By: T/Coaching & Counselor

I (Tahesha McCray) will:

1. I will maintain confidentiality regarding what you share and what we discuss, unless there are serious concerns about self-harm, harm to others, or if someone else is at risk.
1. I will support you in sharing this information with the appropriate party yourself. If you feel unable to do so, I will discuss it with you. I will strive to inform you before making any disclosures; however, in exceptional circumstances, it may be necessary to share information prior to discussing it with you.
1. Let you know if I am unable to have a session for any reason.
1. Keep notes of our sessions in a safe, secure place, and in our final session, have an ending summary with you that captures what we have discussed.
1. Work within the ethical framework of my professional organization.
1. Keep any details we have for you as up to date as possible.
2. Delete all your information upon request at any time.

Please print your first and last name.

- *Please attend your sessions. If you are unable to attend, provide at least 24 hours' notice. A message can be left at (908) 401-4141. If you miss a session without notifying me, or miss more than two sessions, I will contact you to determine whether you wish to continue counselling at this time.*
- *Each session is \$70. Cancellations made at least 24 hours in advance will be fully refunded. If you cancel less than 24 hours before your session or do not notify me, the \$70 will not be refunded, except in cases of illness or family emergencies.*
- *Respect the confidentiality agreement. Decide together whether to discuss or share information brought to the sessions.*
- *Do not attend sessions under the influence of alcohol or drugs.*
- *Let me know if other professionals are supporting you. This may include, but isn't limited to, doctors, consultants, psychiatrists, psychologists, and mental health professionals. If I need to contact them, I will try to seek your permission beforehand.*

- Keep to our agreed session time. If late, please notify me. The session still ends at the usual time.
- Turn off your mobile phone during sessions.
- Keep Healing Hearts LLC informed of any changes to your personal details.

Each session will last up to 1hour weekly: ()

I agree to the above terms of the counselling contract:

Please sign below:

Signed by Client: _____

Email: _____

Signed by counsellor: _____

You may contact me by email at histhoughtsthroughhiseyes@yahoo.com or by phone.

Call (908) 401-4141. I will aim to respond within 24 hours.

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