

# Why Make a Contract?

- helps clarify both practitioner and client's rights and responsibilities
- helps clarify the responsibilities (and rights) of the organisation (where therapy is provided by an organisation rather than an independent practitioner)
- respects the client's autonomy
- helps ensure that clients make an informed choice about entering into therapy
- clarifies practical considerations (e.g., fees, timing of sessions, venue, length of each session, number of sessions offered, implications of cancelled sessions or missed sessions etc.)
- helps set boundaries, such as confidentiality
- helps contain the process of therapy, which might be difficult or distressing for the client.