Therapy and Coaching
Therapy Agreement and general conditions.

Undersigned:
Name:
Address
City/Town, state
Postcode:
Date of birth:
Mobile nr.
E-mail Address:

*from now on to be referred to as: “customer”*

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*from now on referred to as: “therapist”*

## Information about therapy with Ben Meijer

Ive been a therapist since 2003. I was a certified accredited alternative therapist in the Netherlands, member of the VBAG and RBCZ between 2009 and 2019. I’ve taught people to become a therapist for a number of years. I've specialized in curing depersonalization and derealization disorder since 2012. I use Acceptance and Commitment Therapy (ACT) as one of my frameworks, along with EFT and other specific useful methodologies and intervention techniques per stage of healing the disorder. Ive been a certified trauma therapist since 2009.. I regularly attend intervision and continual education to maintain the highest possible service for you. The service provider shall at all times be the practitioner and liability remains with individual therapist. I have insurance and accreditation to practice. I welcome feedback on the services you receive, it helps to maintain the high standards expected of therapists.

The service I offer you is everything you need to help you reduce the symptoms of DP/DR and cure your depersonalization and derealization disorder:

* First, during the initial contact, (after we determine you do suffer from depersonalization and derealization disorder) we establish a working basis. We make sure we both understand exactly what is expected.
* Knowledge of the specific and general causes, emotional patterns, makeup of personality, life events and the emotional processes involved.
* Knowledge of useful strategies, methodologies and techniques specified per stage/phase
* Therapy sessions, where I guide you in curing the issues.
* All pertinent information regarding the influence of alcohol, medication, recreational drugs and substances and their positive and negative interactions
* Different therapeutic exercises and homework per stage/phase.
* Whatsapp support
* Advice regarding adjacent non-affiliated trainings and therapies that may be beneficial.

My goal is to help you to reduce and cure the symptoms as effectively and efficiently as possible. This means I will use therapies, methodologies and intervention techniques that **empower** you to be able to deal with as many parts of your issues yourself. You will get exercises and homework.

Do not assume all you need is knowledge and understanding, you need to apply the knowledge time and again to get results. You will need to go through a number of processes you will probably not be able to think your way through, or imagine the result beforehand. You will need to experience those processes to experience the desired result: a permanent cure.

**Customer Therapy Agreement**
The therapy contract is between you and your therapist. Please read through this carefully as it provides information about the practical side of coming to therapy. Upon your signature (before the session), the document will constitute a binding agreement between you and your therapist.

**Starting and ending the contract**
This contract is terminated when the goals of therapy have been reached, or when the customer decides to terminate the sessions. The customer may terminate the sessions at any time. The therapist may also terminate the contract.

**Confidentiality, intervision and note keeping**

Therapy often involves the disclosure of sensitive and personal information, so confidentiality is paramount. In order to protect your right to privacy the things you disclose to your therapist will remain confidential between you and your therapist.

I am bound by my professional codes of conduct as defined by my accrediting organisations VBAG and RBCZ, which includes responsibility to manage your information confidentially and in line with General Data Protection Regulation (GDPR, please read and signs GDPR as well) as well as follow the relevant health care laws regarding record keeping. (WGBO law in the Netherlands)

There are situations in which your therapist can break confidentiality without your consent:

1)    Where you the client give consent for confidentiality to be broken and information to be shared.

2)    Where the therapist is compelled by a court of law.

3)    Where the information is of such gravity that confidentiality cannot be maintained. This includes instances in which the therapist considers the customer or others to be in imminent danger. (Loss of life, terrorism, etc)

Your therapist will always attempt to speak to you before breaking confidentiality.

I**ntervision** - therapists are required by their profession accrediting organizations to have regular intervision sessions where they discuss aspects of their clinical work with colleague therapists to improve quality of the therapists. They do not reveal individual identities during these sessions and intervision itself is confidential between therapists.

**Record keeping** – therapist will share his notes via the whatsapp, email, skype or FB messenger to ensure you can get most out your session. Any notes (on paper), are kept in a locked cabinet or in password protected documents on practitioner computers in accordance with the data protection act and GDPR.

**Bills** – your name and address are on the bills of the sessions you have taken. My accountant also processes my bills for taxes. Of course he also maintains confidentiality.
My bills are printed and kept in accordance to the requirements of the dutch Tax Authorities.

**Right of Erasure**
You have the right to request to have your records erased.

**Therapy sessions and cancellation Policy

A commitment to prioritize and attend sessions is required. This means protecting the time you have identified to commit to therapy, planning ahead and arriving to the online sessions on time. Please make sure to eliminate distractions such as TV or radio, mute your phone, and arrange to be alone and undisturbed for the duration of the session, etc. It will not be possible for your therapist to extend the length of your session if you arrive late.

When the customer wants to cancel a session, please do so 24 hours before the session.**
Therapy sessions typically run for 60 mins and take place on a weekly basis for the first 3-5 weeks, then once every week or two weeks as you wish. There is no requirement to book several sessions in advance. **You may terminate therapy without further cost at any time you wish.**
**Responsibility and safety**It is your responsibility to share any relevant information about diagnosis, mood and emotions and issues. It is imperative you inform your therapist if you suffer from psychiatrically diagnosed issues of personality disorders like borderline, schizophrenia and psychosis, bi-polar disorder as well as migraine and epilepsy. I can only take into account what I have knowledge of.
Please ask if you have any concerns about safety.

**Therapy Process**
Therapy is an interactive process and it’s not just talking about your problems and feelings. To achieve results you desire, you will need to thoroughly examine parts of your life and we will need to do whatever is necessary to remove the burdening emotions and convictions. Your therapist will work with you to help you build the sort of life you want to live which may involve learning skills to handle difficult thoughts and feelings more effectively, so they have less impact and influence over you. When your therapist introduces these skills, practicing them between sessions is beneficial. You don’t have to do that, of course; but it’s like learning to play a guitar or drive a car: the more you do, the better you get. Uncomfortable feelings may arise during and after a session. Don’t be afraid to ask for assistance by WhatsApp between sessions. Often, with a few pointers, you can address these emotions yourself using the techniques the therapist has taught you already.

Therapy also involves clarifying your values: finding out what matters to you most, what you want to stand for in life, what strengths and qualities you want to develop, how you want to treat yourself and others. It also involves taking action to solve your problems, and doing things that make life better.

**Recovery from DP/DR occurs in 3 phases.**

Phase 1. Preparatory Phase
We remove all panic attacks, anxieties, relevant trauma, stress, etc. We move from fighting to acceptance. We also treat perfectionism, and some other related issues.

Being relaxed and feeling safe and at ease with your DP/DR is the end goal of phase 1.

Phase 2. Merging and integrating mind/body.
Curing the DP/DR, getting back to feeling grounded and centered. We need to address dealing with high sensitivity, and strengthening parts of yourself.

Phase 3. Moving from control to surrendering to life.
This is about regaining confidence in yourself and life again.

**Other therapies and medication**
The therapist has no intention of taking over responsibility of other therapists, nor taking over the responsibility of medication. The therapist does not want to interfere between you and any other medical professional or therapist. The therapist will never advize you to stop any other treatment or medication. If you ask me what my experiences are with different types of medication in combination with therapy, the answer does not constitute more than my professional opinion.

**Quality**
As a therapist, I want to provide the best service possible. Part of that process of ensuring quality, is to attempt to measure the state of your mental health at regular intervals. This can be in the short intake form, or by longer tests, and by a short email or a WhatsApp message.

**Fees and payments**

After signing this agreement, and after we schedule a session, I ask you to pay for the session **before** the appointment time. The fee is 96 euros per session (For the year 2020). I will send you an instant payment request. Depending on in what country you live in, the payment request will vary between different bank types.

– It can be a Mollie/Plink for IDeal for European banks
– It can be a mypos payment request for credit cards
– it can be a paypal payment request. I will send you a paypal bill/payment request.
- other more current payment provider.

The 96 euro includes VAT.

**Complaints**
Expectations need to be addressed in our first sessions. To err is human. Please also contact Ben Meijer should you wish to discuss any aspect of your care whilst with our service. If we cannot resolve our differences, please contact my professional accreditation organization NIBIG, which has its own complaints department for all of its professionals.

**Acknowledgment and Consent**

By attending your sessions you are acknowledging that:

You understand and agree to abide by the policies detailed in this customer therapy agreement;
We have discussed and clarified any questions you may have about this document.

**Date:**

 **Name Customer:
Please sign:**

 **Name Therapist**

**Ben Meijer**

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