

Informed Consent for Psychological Counseling

Psychological counseling is a professional relationship grounded in mutual trust, emotional safety, and clear boundaries. Before we begin, please read the following information carefully — it outlines how I work and what you can expect from our collaboration.

My approach is active, compassionate, and evidence-based. Together, we'll explore what matters most to you and help you move toward the life you want to live. Sessions are not just reflective conversations — you'll also leave with tools to support your confidence, relationships, and emotional resilience.

Session Format and Client Responsibility

Each session lasts 60 minutes and takes place online (Zoom or Telegram).

You may choose individual sessions or a longer package depending on your needs and goals.

Fees and Payment Options:

- **One individual session (60 minutes):** 60 €
- **15-session package:** 795 € total
Can be paid in **three monthly installments of 265 €**
Valid for 5 months (150 days) from the date of the first session.
- **48-session annual package:** 2160 € total
Can be paid in **six monthly installments of 360 €**
Valid for 13 months (395 days) from the first session.

Full payment or the first installment is required before our first session together. Payment details will be sent upon request.

Please note: unused sessions within the validity period are **non-refundable**. Packages are personal and cannot be transferred.

Cancellation Policy

If you cancel or reschedule a session with less than 24 hours' notice, the session is considered used and must be paid in full. Exceptions may be made in cases of force majeure (e.g., sudden illness, military conflict, natural disasters).

If you are more than 20 minutes late without prior notice, the session will be considered completed. If I am ever late, I will make every effort to compensate for the lost time.

Frequency and Structure of Sessions

Weekly sessions are recommended for continuity and therapeutic depth. When possible, we'll agree on a regular time slot, which will be reserved for you throughout our work.

Our sessions may include exploring current challenges, deeper emotional patterns, values, relationships, or limiting beliefs. You'll also receive optional tools or reflection prompts between sessions — you are always free to use them at your own pace.

Confidentiality

Everything you share in therapy is strictly confidential. I will never disclose information without your written consent, unless there is an immediate risk of harm to you or others, as required by law.

I keep brief notes securely in digital format for professional use only.

Professional Consultation

To ensure the quality and ethics of my work, I regularly participate in supervision and peer consultation. These conversations are anonymous — no identifying information is ever shared.

If I would like to quote your words (anonymously) in professional settings or on my website, I will always ask for your explicit written permission.

Therapeutic Relationship

Therapy is a space of honest dialogue, emotional exploration, and compassionate challenge. I don't offer ready-made answers — I help you find your own, grounded in psychological insight and your unique experience.

If you feel doubt, resistance, or self-criticism during therapy, know that this is not a sign of failure. It's often a sign that meaningful inner work is beginning. You're not alone in this — I'm here to support you with warmth, care, and clinical experience.

Warm regards,
Anna Chebotareva