



Christiane Kiegeland

beziehungsweisen

Information for clients

1. How long a Systemic Therapy or a Systemic Counselling takes, varies greatly. Experience shows that the average duration is around ten sessions, but it can also be considerably more or less.
2. Compared to other kinds of therapy, the intervals between sessions in a Systemic Therapy are usually longer – typically every 2 to 6 weeks. At the end of each session, we can make a new appointment. Accordingly, a therapy or counselling session lasts about one year.
In addition, I offer the possibility to make an appointment for another meeting about a year after the end of the therapeutic process. Here we can look back together and evaluate the results.
3. A session lasts between 90 and 120 minutes. In order to give you and the therapist some time to think about what has been said, a short break may be included.
4. One hour of therapy (**60 minutes**) currently costs between €70 and €130. The amount depends on your financial means. You yourself decide at the end of the first session, how much you can and want to pay.
Accordingly, the costs of one session vary from €105 to €260. I calculate to the nearest 5 minutes.
5. Should you have to cancel an appointment due to an important reason, please do so, at the latest, 48 hours before the appointment. Otherwise I would have to charge 1.5 hours of therapy for the cancelled session.

6. You will, of course, find yourself here in a protected environment. Everything that comes up during a therapy or counselling session underlies professional discretion.
7. Regular inter- and supervision are part of my professional standard.
8. From time to time, you may find that while thinking about a session, you notice something which you find unpleasant. In this case, I expressively invite you to raise this matter at the next meeting.

I've read the information sheet and agree to the afore mentioned procedure.

The fee per 60 minutes of therapy is: _____ €

place/date

clients' signature

therapist's signature