

General terms for individual psychotherapy sessions with Duncan Roebuck: *In-person and online*

Framework

The nature and length of your psychotherapy will depend on a number of factors and we will determine these through joint discussion and review from time to time. This is an ongoing process.

We will aim to attend sessions at weekly intervals and at a regular time each week. Regular attendance is important to our work together, and we should aim to miss no more than ten sessions in total in a year.

Each session will last fifty minutes. This fifty-minute session includes any scheduling we may need to do for future appointments. If the session starts late it will still need to end at the agreed time.

When possible, we will discuss ending our work together in advance, allowing time to bring it to a close.

Fees

My regular fee is £90 for a weekly 50-minute psychotherapy session. A 50-minute introductory therapy session is £55, and a 20-minute introductory phone or Zoom call is available at no charge. I offer a limited number of reduced-fee places for those on lower incomes; current availability is shown on my website.

I review my rates each year and will give you reasonable notice – usually six months - of any increase. I can accept payment by cash, cheque, card payment or bank transfer. Payment is on a per-session basis and is made either at the end of a session or within 24 hours of the session.

Cancellations

Your agreed session fee applies to appointments cancelled with less than one week's notice, unless we manage to reschedule. I will do my best to reschedule, but it may not always be possible to find a day and time that works for us both.

Appointments missed without notice are charged at your agreed session fee. If we arrange another session, this is charged separately.

I have a limited number of in-person appointment slots, so if rescheduling, we may need to meet online.

We may need to review our work if there is a pattern of short-notice cancellations or missed appointments without notice.

Holidays

We will likely miss several appointments due to pre-planned holidays, particularly in open-ended work. I will usually provide you with reasonable notice of when I intend taking leave. I typically take 6 weeks off a year, usually falling during major holidays.

Confidentiality

All sessions are confidential. Your name and other directly identifying details, such as names of people and places, will not be included in any session notes I take. I also take care to minimise other details that might identify you.

I attend regular supervision where my work is discussed. Where I bring any matters to supervision, your identity will be protected.

There are exceptions to confidentiality, as detailed in my [privacy policy](#)¹. In extreme circumstances where there is a real concern that serious harm may be caused to you or another person, I may have to break the confidentiality agreement. This might involve my contacting your GP or another relevant practitioner or authority without consulting with you first.

Data Protection

I am committed to protecting your privacy. Please refer to my [privacy policy](#)¹ for details on the types of data I collect and how I use it, as well as details on how I protect that data.

Ethics

I am bound by the Code of Ethics and Conduct of the ACPP (Association of Core Process Psychotherapists) and [UKCP](#)² (UK Council for Psychotherapy) Code of Ethics and Professional Practice.

Is there anything else you would like us to discuss or agree about our work together? Please include this below:

Please sign below or confirm by email that you agree to these general terms for psychotherapy sessions. This version was last updated on the 11/10/2026.

Signed

Date

1. <https://duncanroebuckpsychotherapy.com/privacy/>
2. <https://www.psychotherapy.org.uk/media/bkjd33f/ukcp-code-of-ethics-and-professional-practice-2019.pdf>