

☐ CHERRY BLOSSOM THERAPY

Young Person's Therapy Agreement

For older children / teenagers

Therapist: Sarah Musselwhite

Version: 1.2

Date: 11.2.2026

What Therapy Is

Therapy is a confidential space where you can:

- Talk about what's going on
- Explore feelings
- Think about choices
- Be listened to without judgement

Sessions last around 50 minutes.

Confidentiality

What you share stays private.

The only time I may need to share information is if:

- You are at serious risk of harm
- Someone else is at serious risk
- There is serious criminal activity
- I am required by law

If this happens, I will try to discuss it with you first.

Parents

Your parent/carer has consented to therapy.

They may receive general updates about how therapy is going, but I will not share detailed personal content unless you agree, or unless there is a safeguarding concern.

Records

I keep brief notes about sessions. These are stored securely in line with UK GDPR.

You have rights regarding your data.

Boundaries

- I won't connect on social media.
 - I don't provide therapy via text.
 - If we see each other outside sessions, I won't approach you unless you approach me.
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Emergencies

I am not an emergency service.

If you are in crisis:

- Call 999
 - Contact NHS 111
 - Speak to a trusted adult
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Agreement

I understand how therapy works and agree to take part.

Young Person's Name: _____

Signature: _____ Date: _____

Therapist Signature: _____ Date: _____