

Rules and guidelines for psychotherapy (4-2025)

Dear clients and patients, please read the following rules and guidelines for psychotherapeutic work and, if you agree, sign at the bottom of the second page.

Psychotherapeutic work

During the session, you are invited to talk freely about your situation, your symptoms, your dreams, your history, your emotions and so on. You are free to express whatever comes to mind - this is the principle of "free association". The point is not to judge things, but to get closer to what is, to clarify and understand better. Your therapeutical work, and its results, lays in becoming more self-conscious, insights, ideas association, during and between sessions.

In psychotherapy, it's not my job to give you advice on what you should or shouldn't think or do, but to help you to find answers within yourself that correspond to your history, your sensitivity and your personality. My interventions aim to stimulate your own introspective analysis. In this perspective, my attention is focused on unconscious meanings that I try to bring to your attention.

This kind of introspective work requires a minimum of conditions - personal situation, health and stability - so it's not for everyone.

Guidelines

Depending on the request and the situation of each person, we agree on a specific setting. A few classic rules must be respected:

1. Payment at the end of the session (cash, twint, bank transfer, except Lamal and other partnerships/insurances).
2. Frequency of sessions (by agreement).
3. Freedom of speech and expression of feelings, impressions, emotions, intuitions, etc.
4. When we stop or suspend, it is customary to schedule an assessment. This should enable you to recapture some significant elements, but also to recognize aspects that have not yet been resolved.

Consultations

My rates are based on a personal challenge representative of your lifestyle, the duration of sessions and possible insurance reimbursements (Lamal, complementary, international health insurance, etc.).

Price: from 170 CHF to 250 CHF per session, or a mix of monthly plan and one-off sessions. Sessions last around 40/45 minutes. This duration is adapted to natural capacities for concentration. They are not timed, but should not exceed 50 minutes. For practical reasons of consultation turnaround, the administrative time invoiced corresponds to the duration of the session booked in the agenda. For insurance billing, I charge a flat rate for additional administrative work.

My online agenda, Calendly, serves as main reference. It's up to you to book your sessions on Calendly - which are automatically validated - as professional ethics prohibit therapists from "chasing" clients or patients. Please note that all sessions cancelled less than 48 hours in advance, or missed (illness, forgetfulness, unforeseen circumstances, etc.) must be paid for personally (NB, Lamal does not pay missed sessions) - as this blocks hours that are no longer available for others. If you make it 48 hours ahead of time, you can reschedule the appointments yourself.

Dealing with symptoms

Psychotherapeutic work requires attention to symptoms, the body, emotions and other feelings and coincidences. Generally speaking, symptoms call for greater attention, for verbalization. They serve as a compass for self-exploration. Products and/or medications which interfere with these feelings are contraindicated. The principle is to always be able to know authentically "how you are", which is not possible under the effect of certain medicaments. Working on the unconscious can bring back old situations, or traumas, which can overwhelm artificial defense mechanisms and thus cause, or aggravate, certain psychological disorders. Therefore, working in "clear waters" and respecting the settings provides good conditions for the integration of these "returns of the repressed", in a constructive way. In this respect, contact and politeness are kept to a minimum, to give greater space to the symbolic and introspective dimension of psychotherapy.

Finally, experience shows that it can be counter-productive, even dangerous, to mix different therapeutic approaches, especially when they aim to reinforce defense mechanisms (e.g. by empowering the ego), instead of working on deeper integration.

Confidentiality agreement

The therapeutic setting is a strictly confidential space for free expression, valid both ways, and it is of course not permitted to record sessions. For invoice editing, you must consent to the transmission of some personal information.

To guarantee the confidentiality of our work after its completion, you agree to release your psychotherapist (myself) from the duty to keep (in principle for 10 years) all documents relating to psychotherapeutic work.

For training courses and/or publications, you give your consent for elements of your psychotherapy to be shared in a strictly anonymous manner.

☐ I declare to have read and agreed to these rules presented above, in particular with regard to the waiver of the obligation to keep any documents concerning psychotherapeutic work.

☐ For the purposes of training or publication, I give my consent to the sharing, in a strictly anonymous manner, of elements of my psychotherapeutic work.

Name :

First Name :

Birthdate:

Signature :

Place and date :