

Informed Consent and Psychotherapy Agreement

1. Client details

Full legal name, as stated in ID:

Preferred name and pronouns:

Date of Birth:

Address:

Email:

Tel.:

If you are currently receiving psychiatric care:

Psychiatrist's name:

Email:

Tel.:

2. Nature and scope of psychotherapy

I am a psychotherapist listed in the Register of Psychotherapists of the Slovak Psychotherapeutic Association and I hold the European Certificate of Psychotherapy (ECP). I hold a master's degree in psychology and my work is grounded in my long-term psychotherapy training, supervision, ongoing professional development, and the Code of Ethics of the Slovak Psychotherapeutic Association.

The legal framework for psychologists providing psychotherapy in Slovakia is currently changing. For this reason, I aim to be transparent about my education, training, professional membership, the scope of my practice, and its limits. I do not hold a licence under Act No. 242/2025 Coll. on Psychological Activity. The psychotherapy I provide does not constitute psychological assessment or diagnosis, expert evaluation, healthcare, psychiatric treatment, or crisis intervention.

3. Goals, approach, and possible risks

We agree on the goals of our work together. My work is primarily informed by psychodynamic psychotherapy and psychotraumatology. I use EMDR when it is clinically appropriate for your situation and for the current stage of the therapeutic process. Psychotherapy can bring up strong emotions and may activate memories connected to the themes we explore. When working with difficult material, we pay attention to pacing and stabilisation so that the work remains psychologically manageable for you. You are welcome to ask me at any time about the methods, goals, and course of psychotherapy, as well as about my professional competence in relation to the issues you bring up.

4. Processing of personal data

The controller of your personal data is me, Mgr. Katarína Búřilová. I process your personal data in accordance with the GDPR and Act No. 18/2018 Coll. on the Protection of Personal Data, as amended. The legal bases for processing your personal data are taking steps at your request before psychotherapy begins, providing psychotherapy under this agreement, and complying with my legal obligations, particularly in relation to accounting. In the course of psychotherapy, I may also process sensitive personal data relating to your mental health, personal circumstances, and other matters you choose to bring into the therapeutic work.

A. Identification and contact details

I store your name, surname, date of birth, and contact details separately from session notes, in a secure electronic form. For professional email communication and document storage, I use Proton Mail and Proton Drive. These services are protected by password, two-factor authentication, and encryption in accordance with the technical settings of the respective services. Some data required for invoicing is processed by my contracted invoicing system provider, to the extent necessary for issuing invoices and keeping accounting records.

B. Session notes

I keep brief session notes to the extent necessary for continuity of care and for maintaining a safe therapeutic framework. These notes are not medical records. They are used exclusively for the purposes of therapeutic work, professional reflection, and the protection of legitimate claims. I keep session notes for the duration of psychotherapy and, after psychotherapy ends, for as long as necessary to ensure continuity and to protect my legal interests. After that, they are securely deleted or destroyed.

C. Electronic communication

Electronic communication and online platforms have technical limitations. The processing of data may also be governed by the terms and policies of the relevant service provider. Some services may involve the transfer or storage of data outside the European Union. Please send sensitive documents and information to my email address. WhatsApp is suitable mainly for practical communication about appointments, scheduling, or technical matters.

D. Disclosure to third parties

I will disclose your personal data to a third party only under the following circumstances:

- where disclosure is required by law, for example in relation to a duty to report a serious risk to life or health, or in connection with an ongoing or planned criminal offence;
- where disclosure is necessary to protect life or health;
- in supervision or peer consultation, only in anonymised form;
- in accounting and invoicing processes, to the extent required by law.

E. Data retention

I retain personal data only for as long as necessary for the purpose for which it was collected. Accounting and invoicing data are retained in accordance with statutory retention periods.

Organisational and electronic communication is retained for as long as necessary for administrative, ethical, or legal purposes, and is then deleted on an ongoing basis.

F. Your rights

You have the right to access your personal data, to request correction or deletion of your data, unless this would conflict with legal obligations, to request restriction of processing, to data portability, and to lodge a complaint with the Office for Personal Data Protection of the Slovak Republic. Providing basic personal data is necessary in order to arrange and provide psychotherapy. Without basic contact and identification details, psychotherapy cannot take place. Where I process data on the basis of your consent, you may withdraw that consent at any time. Withdrawal of consent does not affect data processing that is necessary for compliance with legal obligations, particularly in relation to accounting and invoicing.

5. Appointments and fees

85 € - Initial session / one-off consultation / EMDR session, 75–90 minutes

70 € - Regular session, 50 minutes. This is my **standard fee** and reflects my education, experience, the costs of providing the service, and ongoing professional development.

40 € - Regular session, 50 minutes. This is a **reduced fee** for low-income clients: full-time students, parents on parental leave, and unemployed clients. Reduced-fee places are limited.

An individually agreed fee takes precedence over the general fee list. Regular sessions currently take place mainly online. In-person sessions are available only by individual agreement and depending on practical circumstances.

A 20% surcharge applies to sessions scheduled outside 8:00–16:00 or at weekends. Sessions cancelled less than 24 hours in advance are charged at 80% of the session fee. This does not apply to unforeseeable circumstances, including a sudden deterioration in health.

For online sessions, I wait for 10 minutes after the agreed start time. If you do not join within that time and have not contacted me in advance, the session will be charged in full. Invoices are issued at the end of each month for sessions held that month.

6. Video platforms

Online sessions may take place via FaceTime, Google Meet, WhatsApp video, or another mutually agreed platform, depending on technical availability and an appropriate level of security. Different platforms have different technical settings, levels of encryption, metadata processing, and provider terms. I do not record sessions. Sessions may only be recorded with prior explicit agreement.

7. When online psychotherapy may not be sufficient

Online psychotherapy is not suitable as the sole form of support in an acute crisis, where there is an immediate risk of harm to self or others, active addiction requiring specialised treatment, psychosis, mania, significant psychological destabilisation, or any situation requiring intensive psychiatric, medical, crisis, or in-person care. In such situations, it is necessary to contact local emergency, medical, or crisis services. If it becomes clear during psychotherapy that you need a different or additional form of support, we will discuss this openly.

8. Confidentiality

Everything discussed in sessions is confidential, and confidentiality continues after psychotherapy has ended. I may share information only with your consent or where required by law, particularly where there is a serious risk to life or health, or where I have a legal duty to report abuse or neglect of a person in your care. Supervision or peer consultation may form part of my professional practice and ongoing development. In such cases, I discuss the therapeutic work without information that would directly identify you.

9. Termination

You may end psychotherapy at any time. If you feel that our work together is not meeting your needs, you may also ask me for a referral to another professional. Under ordinary circumstances, ending psychotherapy is discussed together and is based on a shared reflection on the goals and the work we have done. I may also suggest ending psychotherapy or recommend another form of support if it becomes clear that your needs fall outside the scope of support I can safely provide.

10. Consent

By signing this document, I confirm that I have read and understood this Informed Consent and Psychotherapy Agreement. I have had the opportunity to ask questions about anything that was unclear, and I freely consent to beginning or continuing psychotherapy. I acknowledge that my personal data, including data relating to my mental health and personal circumstances, will be processed to the extent necessary for the provision and organisation of psychotherapy and for related accounting obligations.

Date and place:

Signature:

Version 0726, effective from 1.7.2026.

This document replaces all previous versions of documents setting out the terms of our therapeutic work together.