

WORKING RULES · AGREEMENTS



VALERIY KARASHEV

PSYCHOLOGIST · GESTALT THERAPIST · EXECUTIVE COACH

*This document describes the core agreements
our work is built on.*

Please read it. If anything raises questions - we will discuss them in session.

In practice since 2014

01 SESSION FORMAT

- A session lasts 50 minutes.
- Sessions are held online. In-person meetings are possible in Moscow when you are there.
- Working days: Monday - Thursday, 9:00-19:00 (CET).

02 FEES AND PAYMENT

- An individual session costs 60 €.
- Payment is due on the day of the session - before or right after it.
- Payment methods: PayPal, IBAN transfer, bank card (EU / RF).
- The fee is reviewed once a year. I will let you know in advance.

I don't send payment reminders - this is your area of responsibility. Paying for the session on the day we meet is part of our agreement.

03 FREQUENCY AND DURATION OF THERAPY

You can come to me for a one-off consultation, short-term or long-term work - at a frequency that suits you. I will give my recommendations, but I respect your preferences.

Duration depends on your request. We will discuss it together and review it regularly.

- For short-term work I recommend blocks of 5 or 10 sessions.
- If you are going through an acute crisis - sometimes 10-20 sessions are enough.
- If the task is deep work with patterns, relationships, your way of being in the world - it can take from half a year to several years.

On the frequency of meetings - a few general comments:

- For most situations it is good to start with one meeting a week.
- In rare cases (a lot of material, high anxiety) two sessions a week are appropriate.
- When finishing therapy, in a supportive format or in coaching - once every two weeks works.

04 THE FIRST SESSION

The first session is an introduction. We will look into your request, get to know each other, I will explain how I work, and you will decide whether you want to continue. No commitments beyond paying for one session.

I ask new clients to fill in a short form with basic information: contacts and general questions about your mental state. If you haven't received it yet - write to me.

05 CALENDAR AND REMINDERS

I don't send separate reminders about our meetings. I do keep my schedule in Google Calendar and can send you an invitation to the session from it. You can accept it and set up a reminder that suits you. The invitation usually contains the video-call link. To send it, I will need your email.

06 CANCELLATIONS AND RESCHEDULING

- A session must be cancelled at least 24 hours in advance. If you let me know later and we cannot find another time that works for both of us - the session is paid in full.
- If you don't show up without warning - the session is paid.
- Rescheduling is fine within reasonable limits.
- If you are late - the session is shortened. If I am late - the session is extended where possible.

07 CONFIDENTIALITY

Everything that happens in a session is confidential. There are two exceptions:

- Supervision. I discuss my work with my supervisor - a standard practice that helps me work better with you. Your name and identifying details are not disclosed.
- Threat to life. If I consider it likely that you may harm yourself or another person, I reserve the right to break confidentiality - but only in extreme circumstances and after telling you. Where needed, I can recommend a psychiatrist.

08 BETWEEN SESSIONS

- We meet at the agreed time. If you need an urgent additional session - write to me; it is possible and depends on my schedule.
- I don't do therapy by text and don't take part in long chat discussions. But you can always ask an organizational question or share news.

09 ENDING THERAPY

If we work together for longer than two months, I recommend giving at least two or three weeks' notice before finishing - so that we can say goodbye and close the work well.

Often the wish not to come, to fall ill or to disappear without warning is part of your material and a form of resistance. If such a wish appears - try to talk about it in session, even if you really don't want to. It leads to discoveries.

10 WHO I WORK WITH

- Adult clients, 18+. I don't work with children and teenagers.
- Format - individual or group therapy. Couples - on request.
- I don't work with chemical addictions or severe psychiatric diagnoses.

- Languages: English, Russian.

II WHAT ONLINE WORK REQUIRES

For the work to be full, the setting matters. I ask you to make sure in advance that these conditions are met - keeping them is also part of our agreement.

- A private space. You should be in a separate room where no one interrupts or overhears you - no access for family or colleagues.
- A stable internet connection - for the whole session. With frequent drops or poor quality, productive work is impossible.
- Camera on. We work with video - it is a necessary condition for real contact. Sessions without video are not held.
- Headphones (a headset) - for sound quality. Or a tested laptop with good speakers and a microphone. Echo and noise must be excluded.
- Silent mode. It is best to join from a laptop, with the phone switched off or silenced. A call from a phone means the session will keep being interrupted.

I2 HOW TO REACH ME

The best way is Telegram. If Telegram is unavailable - email.

TELEGRAM @vkarasaev *the main channel*

EMAIL karasaev.valery@gmail.com *for correspondence and documents*

I3 WHERE TO READ ME

I write about psychology, crises and transitions in several places:

WEBSITE karasaev.com/en *about me, my approach, essays in English*

LINKEDIN linkedin.com/in/karasaev *work, leadership, staying alive*

TELEGRAM @valera_outloud *living texts and notes, in Russian*

INSTAGRAM @karasaev.psy *stories and texts*