

Contents

<i>List of Contributors</i>	vii
<i>Foreword to the Second Edition</i>	x
PART I AN OVERVIEW	1
Introduction: The Therapy Contract – A Mutual Commitment <i>Charlotte Sills</i>	3
1 Contracts and Contract Making <i>Charlotte Sills</i>	9
PART II THEORETICAL APPROACHES	27
2 The Use of Contracts in the Psychodynamic/ Psychoanalytic Approach <i>Michael Jacobs</i>	29
3 Cognitive Therapy: A Down-to-earth and Accessible Approach <i>Frank Wills</i>	41
4 Contracting within Person-centred Counselling and Psychotherapy <i>Mike Worrall</i>	52
PART III TYPES AND CONSIDERATIONS	61
5 Outcome-focused Contracts <i>Ian Stewart</i>	63
6 Process Contracts <i>Adrienne Lee</i>	74
7 Contracts and Harmful Behaviour <i>Geoff Mothersole</i>	87
8 Making Contracts with Different Personality Types <i>Charlotte Sills and Max Wide</i>	98

9	Contracts, Ethics and the Law <i>Peter Jenkins</i>	109
PART IV CONTRACTS AND CONTEXTS		117
10	Contracts, Complexity and Challenge <i>Keith Tudor</i>	119
11	Choosing a Time-limited Counselling or Psychotherapy Contract <i>Jenifer Elton Wilson</i>	137
12	Therapy Contracts with Trainee Practitioners <i>Brigid Proctor and Charlotte Sills</i>	152
13	Contracting in Supervision <i>Brigid Proctor</i>	161
Appendix I	Contract for Counselling Relationship	175
Appendix II	Contract for Gestalt Psychotherapy	178
Appendix III	Consent form for Body-oriented Psychotherapy Treatment	180
	Index	183

