The Resting Tree 2025 : contract & fees

COUPLES THERAPY ADDENDUM

To be read in conjunction with the main therapy agreement

This document outlines specific principles, boundaries, and expectations that apply when working with couples in a relational setting. It is meant to support clarity and containment and to affirm the ethical, emotional, and spiritual responsibility of undertaking this work together.

1. Nature of the Work

Couples therapy at The Resting Tree is rooted in an integrative, existential, and paleophenomenological approach, informed by Jungian, archetypal, and systemic perspectives. In this context, the relationship itself becomes the client — a living field that carries not only the two individuals, but also their shared history, inherited patterns, unspoken dreams, forgotten needs, and unprocessed stories.

This work is not about identifying a "right" or a "wrong" person. It is not about assigning blame or taking sides. I do not operate as a referee, nor do I attempt to "fix" what is not working. Rather, our sessions are invitations to slow down and listen to the relational field itself: to witness what is unfolding, what is breaking down, what is trying to emerge, what longs to be remembered. Sometimes, this may lead to repair and deepened connection. At other times, it may reveal the necessity of an honourable, conscious parting. Both outcomes are held with respect and equal validity.

2. Structure of the Work: Joint and Individual Sessions

We will begin with a joint session, followed by one individual session with each partner. These one-to-one sessions are designed to give space for your individual voice, to assess your commitment to the process, and to ensure that both of you feel safe and adequately resourced to continue.

These sessions are part of the couple work and not separate individual therapy. What is shared with me individually may, if clinically appropriate, be gently brought into the shared space — always with care and thoughtfulness. You are encouraged to speak freely, while also being mindful of whether you are ready for certain truths to be named aloud in the presence of your partner.
No further individual sessions will be offered with either partner during or after the couple work. This maintains the sanctity and integrity of the shared field.

3. Therapeutic Boundaries: Presence and Exclusivity

To protect the integrity of the work, I ask that you do not undertake simultaneous individual therapy with another practitioner while we are engaged in couple work together. This avoids fragmentation and confusion and ensures that all insights and challenges are held within the same therapeutic container.

Similarly, I do not offer individual sessions in place of couple sessions. The work is relational, and as such, it requires the presence of both partners in order to unfold meaningfully. If one of you cannot attend, the session will be rescheduled or cancelled with appropriate notice.

4. Commitment to the Process

Engaging in couple therapy is a shared responsibility. It asks for honesty, patience, and courage from both parties. While it is normal to arrive with fear, resistance, or scepticism, I ask that both partners agree to show up with openness and respect — not just for me or the process, but for one another, and for the space that exists between you.
This work is delicate and, at times, intense. There may be discomfort, grief, frustration, or insight. These are natural. What matters is the willingness to remain in dialogue — with yourselves, with one another, and with the truth that begins to speak through the process.

5. Conduct in the Therapeutic Space

I hold the therapeutic space with great reverence. It is sacred, in the sense that it is a space set apart from daily life, where deeper listening and transformation may occur. As such, I do not tolerate verbal aggression, raised voices, intimidation, contempt, or any form of emotional abuse within sessions. Strong feelings are welcome; disrespect is not. If the emotional climate becomes unmanageable, I reserve the right to pause or end the session, and we will assess together how and whether the work can continue.

6. Children and the Integrity of the Space

Children, including babies, are not permitted in the therapy space. I understand the practical challenges this may present, but this work requires undivided attention and full emotional presence. The presence of a child — even in another room — inevitably shifts the dynamic and can prevent certain truths from emerging. Please arrange for appropriate childcare so that your attention can remain fully within the space and with one another.

7. Pregnancy and Emotional Atmosphere

In most cases, I do not work with pregnant clients in the context of couple therapy. The therapeutic process can stir deep emotional content, and I am mindful of how much is absorbed by the developing foetus. If one of you is currently pregnant, we will have an open and honest conversation about whether this is the right time to undertake this work, and how best to proceed with care.

8. Inclusivity and Scope of Practice

I am trained to work specifically with heterosexual couples, and I do not offer therapeutic support to same-sex or non-binary couples. This is not a judgment or exclusion, but a clear recognition of the limits of my training. It is important to me — and to you — that you receive support from someone appropriately trained

and attuned to your relational realities. If your needs fall outside my scope, I will do my best to refer you to trusted LGBTQ+ inclusive practitioners.

9. Fees, Duration, and Practicalities

Couple sessions usually last 60–90 minutes, and the fee will be discussed and agreed upon in advance. Please refer to the main therapy contract for further information regarding boundaries, cancellation, lateness, and payment terms.

FEES couple: £80 for 60' or **£120** for 90'
FEES single: **£50** for 60'

Consistency is essential to this work. While we will agree on a pace that suits your needs and availability, sporadic attendance tends to fragment the process and reduce its effectiveness.

10. Closure, Separation, and Aftercare

Couple therapy does not always lead to reconnection. Sometimes, it helps to bring clarity to an already felt ending. If your relationship shifts, evolves, or dissolves during our work, I will walk with you through that process with care and respect.
However, I do not offer ongoing individual therapy to either partner after the couple work ends. This is a boundary I hold to ensure fairness and to avoid any sense of "taking sides." I will offer referrals and resources if you wish to continue personal work elsewhere.

If any part of this document feels unclear or evokes a strong reaction, please bring it into our session. The work of therapy begins with understanding the contract – not just as a legal document, but as a living agreement between us, rooted in integrity, curiosity, and the desire for truth.

Please note the following links:
BACP Ethical Framework : www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/
My website : www.matildetomat.com

Agreement to Terms

By attending your first session, you acknowledge and agree to the terms and conditions outlined in this contract. Should you have any questions or concerns about these terms, please discuss them with me prior to the initial session.

Matilde Gliubich Tomat, MRes
As The Resting Tree
www.matildetomat.com
Blackburn, March 2025

FEES for transformational conversations

	60'	90'
reflective dialogues + developmental guidance		
single / emergency session	£75	£100
recurring / weekly	£50	£75
10 x sessions package	£450	
literary practice – the reading room		
recurring [series of 17 sessions]		£90
pls see the specific addendum re. fees and costs		
engaged supervision		
single / top-up / emergency session	£90	£120
recurring / monthly [as BACP requirement]		£90
6 x sessions package		£450
couples' sessions		
single / emergency session	£120	£160
recurring / weekly	£80	£120
10 x sessions package	£720	
Enquire re. workshops and visiting lectures		