

# Guidelines:

**Isha Misra**

Counselling Psychologist (Adolescents, Families/  
Couples, Adults)

Master's (Specialization in Counselling Psychology) -  
Tata Institute of Social Sciences, Mumbai

Private Practitioner  
Consultant

Hello!

Hope this finds you well. This document entails the terms & conditions and the general guidelines of our therapeutic work together.

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- The sessions are 60 minutes, you are requested to inform in case there will be delay in joining. In the absence of such communication, the session link will be active for 15 minutes. After that, it will be considered a no-show / canceled session.
  - You are encouraged to create an atmosphere that would feel safe for you to engage effectively, such as a private, undisturbed space, water, notebook to pen your thoughts or doodle, objects to stim with.
  - Each session is confirmed once the payment is completed. You can inquire about sliding scale slots while reaching out as they are offered when available.
  - All the sessions are confidential. Anything you discuss in the session remains between us, limited by any safety risk to you or others. For such situations, a safety contact that you trust is requested at the beginning of our work together.
  - An additional limitation to confidentiality is professional supervision. In order to seek guidance or collaboration from other professionals, I undergo supervision to better my skills. Any information shared in supervision is anonymous and no identifying details are discussed.
  - As an independent practitioner, I currently do not have the resources and am unable to provide emergency services. In case of an emergency, you are urged to please contact your nearest hospital.