



Professional Disclosure Statement

A. Philosophy and Approach to Therapy:

At Raabta, the bedrock of all we do is a strong relationship between the therapist and client, a non-judgemental space that is created in attunement to our clients' unique life trajectories, their hopes for their future, and their current patterns. We place great importance on ensuring that our clients are able to provide feedback on the therapeutic relationship as well as the therapeutic outcomes regularly.

Psychotherapy is a process in which you, the client, gain insight into issues that have been troubling you, & a tool that will facilitate continued growth & development, even after it has ended. We cannot guarantee any specific outcomes but we will set goals for therapy and discuss your progress as we go along. We can always make changes in our goals & treatment as needed.

Our team works with a wide range of psychotherapeutic approaches and we are trauma informed as well as queer affirmative. Once a particular therapist is assigned to you based on your preferences and the therapist's availability, we will share a detailed therapist profile. All therapists at Raabta work with an eclectic approach though we all have an existential client-centered orientation, emphasizing the individual strengths and resources of each of our clients.

We use a wide range of treatment approaches choosing the most effective for the issue, although usually our work is heavily influenced by Narrative Therapy and Acceptance and Commitment Therapy. As an organization, our values derive from an intersectional social justice framework, and our practice is feminist and LGBTQIA+ affirmative.

B. Professional Boundaries:

Our therapists cannot acknowledge the existence of their relationship with you outside of the therapy session unless initiated by you. The therapeutic relationship is a professional relationship and therefore will not be a social or business relationship at any time. Such a relationship could undermine the purposes of therapy and limit the process. Given this, our therapists don't participate with clients in social networking sites or as an employment reference. If you ever need to contact your therapist outside of a therapy session, please go via Raabta office (WhatsApp message) or contact the therapist on their email address.

C. Risks in Therapy

Therapy can bring great benefits but also involves some risks. These risks may include experiencing intense emotions like sadness, fear, anger, guilt, or anxiety, which are natural parts of the process. Other risks include recalling unpleasant life events, confronting unhealthy patterns, and potentially questioning your beliefs.

D. Your rights as a client

- You are entitled to information about any procedure, method of therapy, techniques, and possible duration of therapy upon your request. If you desire, we will explain our usual approach as well as our qualifications.
- You have the right to decide not to receive therapeutic assistance from us or to get a second opinion from another therapist. We will provide you with the names of other qualified professionals whose services you might prefer.
- You have the right to expect confidentiality within the limits described as follows. There are certain situations in which we are required to reveal information obtained during therapy, though we will always discuss it with you before going ahead. These situations are: (a) if you threaten bodily harm or death to yourself or another person; (b) if we are compelled by a court of law; (c) if you reveal information relating to physical abuse, sexual abuse, or neglect of a child or elderly person. With respect to child abuse, we are not permitted to investigate if the information is true or not. We are considered "mandatory reporters" and must report any information of the abuse of a child. Also, we may discuss certain aspects of our sessions in consultation or case presentations with other therapists and helping professionals without mentioning your name or any other details from which your identification could be made. Everything discussed in consultation is confidential. The purpose is to aid and enhance our counseling sessions.
- You have the right to end therapy at any time without any moral, legal, or financial obligation other than those obligations already accrued, including, but not limited to, the right to pay for services already rendered and cancellation fees.
- Our therapists may not always be immediately available to you. If you are having thoughts of suicide, please contact the helpline number 022-25521111 (iCall; Monday to Saturday 8 am to 10 pm) or go to the nearest emergency room.

E. Appointment Issues

In order to serve you in the best way possible and meet your needs for therapy services, the following are Raabta's appointment policies.

- We expect 24-hour notice from you if you need to change your appointment time. If we are not given this notice, we will expect payment for the scheduled time at our agreed upon rate. Please inform Raabta office via a WhatsApp message for cancellation or rescheduling- 6371265036.

- For clients in couple therapy, unless it is planned otherwise, both partners must be present at the appointment time for the session to begin and continue.
- If you haven't informed us and are late for an appointment, the therapist will wait for up to 15 minutes, and then assume you are not coming. The regular fee will still be expected for the session.

F. Financial Consideration

- Depending on your requirements/preferences and our therapists' availability, you will be matched with a therapist from Raabta. The charges of our therapists differ based on their years of experience (**group A- experience of 5+ years and group B- experience of 10+ years**).
- Therapists at Raabta have the following charges for individual therapy for Indian residents: Rs. 3000 (group A) and Rs. 3600 (group B), for a session lasting 50 minutes.
- Therapists at Raabta have the following charges for couple therapy for Indian residents: RS. 4000 (group B), for a session lasting 60 minutes.
- For NRI residents, the charges for individual therapy with different therapists from Raabta are 40 USD (group A) and 50 USD (group B) per session for individual therapy, and 60 USD (group B) per session for couple therapy.
- We also offer a range of personality and diagnostic assessments such ADHD testing (online) with our clinical psychologist for which charges range from Rs. 3000 to 100 USD. The most suitable assessment for you can be determined in consultation with our clinical psychologist and charges can be determined accordingly.
- Payment is to be made within 24 hours of communication about scheduling a session. Sessions are confirmed only after payment is received, and the frequency of sessions (be it once a week or once in 10 days or a fortnight) can be determined by you and your therapist mutually depending on your goals from therapy and your presenting concerns.
- Payment can be made via gpay/phonepe/paytm. We will share the bank account details, UPI id and QR code on request. Please complete the payment and share payment snapshot with our office at 6371265036 in order to receive the link for your online session. NRI residents may contact for selecting suitable payment channels.

If you would like to go ahead and work with us, please fill out the form below

[Google Form Link, Click here](#)

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