

CONTRACTS

WHAT IS A CONTRACT?

“...an explicit bilateral commitment to a well defined course of action.” (Berne 1966)

WHY MAKE CONTRACTS?

- The client is actively involved in the process
- The contract promotes a mindset towards change
- It's clear when the work is complete
- It guards against the imposition of the therapists/ workers/ carers goals on the client
- Discourages the pursuit of covert agendas on both sides

THREE TYPES OF CONTRACT

- **Practical:** consistency re where, when and how often provides **protection** (containment)
- **Professional:** being explicit re what is being offered and how provides **permission** within a clear framework (boundaries)
- **Psychological:** awareness of covert agendas promotes **potency** (empowerment)

THE PSYCHOLOGICAL CONTRACT

HOPES

FEARS

FANTASIES

MOTIVATIONS

VALUES

PAST EXPERIENCES

JUDGEMENTS

EXPECTATIONS

TRUST

MISTRUST

POWER

THE COVERT AGENDA

THE PSYCHOLOGICAL CONTRACT

