

Date:

Below is some information on counselling with me. Please ask if something is not clear.

Most of my clients attend sessions weekly. The regularity provides continuity to our work together and supports the development of a therapeutic relationship. At about 4-6 weeks, we should have a review, about how you are feeling about the sessions, and confirm that you would like to continue.

My fees are £50 for individual, 50 minute , sessions, and £70/hour for couples sessions, which are usually 60 minutes. Longer sessions would be in negotiation with clients. I accept payment by cash, cheque or BACS payment. If by BACS, I would ask you to make the payment BEFORE the session, and email me to confirm that you have paid the fee for that session. If possible, it is good to put a date with your reference on the payment. Most banks allow you to do this.

Please give me a minimum of 48 hours notice for cancellation, otherwise I charge the full fee. I understand for those who have last minute work commitments, or are feeling ill, that this is a challenge, but the slot you have booked cannot always be taken by someone else at short notice. If I am able to offer you an alternative time in the same week, I will only charge for the session attended. If I have to cancel, I will not charge you.

Your sessions are confidential, however I do discuss my client work with a professional supervisor and with very experienced peers. All are bound by a professional code of practice of confidentiality.

I take your GP details. I will not contact your GP without your consent, unless I have a good reason to do so, which would be that I believed you were in danger of seriously harming yourself, or others. I would endeavour to discuss this with you first. Any notes I have taken will be kept for 2 years , and then destroyed.

I do not take part in any of the social medias, and so will not be able to accept any invitations to connect, and do not want to cause offense. If we should meet outside the sessions, in a public place, I would only acknowledge you if you were to do so first, and we should limit any conversation, to respect your privacy.

Please do not come to your sessions under the influence of drugs or alcohol. If I believe you are, I will bring the session to an end.

I think it is important that endings ( as far as possible ) are planned. Sometimes if things get difficult in therapy it is natural to want to leave. Should this happen I will encourage you to come and talk to me about it. When the time is right, we will agree an ending date together.

My code of ethics and professional conduct are laid down by UKCP at [www.ukcp.org.uk](http://www.ukcp.org.uk) and COSRT, [www.cosrt.org.uk](http://www.cosrt.org.uk)