

I am a Person-Centred Counsellor and I endorse Carl Rogers' theory that given the right conditions all persons can grow and develop to achieve their full potential, and that if a counsellor provides the necessary conditions in a collaborative trusting relationship, they can facilitate positive change in the client. My aim is to provide a safe space for you to explore your difficulties without fear of judgement or criticism, knowing that all sessions will be led by you and at a pace that you set. I will neither direct nor advise you, but I will have confidence in your inner ability to find the answers you seek to move forward in your life. I do not limit or prescribe the number of sessions that you may require as you will set the pace and be free to end sessions when you see fit.

This is to confirm our working arrangement for counselling sessions as discussed.

Ethics

I am a Registered Practitioner of the British Association of Counsellors and Psychotherapists (BACP) and I adhere to their Ethical Framework. If you would like more information about this you can go to <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/>.

Sessions

My fees are £60.00 per session and this is payable by either cash or bank transfer at the end of each session. I ask for as much notice as possible of cancellation, but cancellations of 24 hours or less notice will incur a £10 cancellation fee. Where sessions are not cancelled and you fail to attend, the full session fee will be charged.

Sessions will usually be weekly and last 50 minutes each.

If I need to cancel a session (and that would only be for an important reason), I will inform you as soon as possible and seek to rearrange the session.

Confidentiality

The therapeutic relationship is entirely confidential. I will never reveal your identity to anyone or talk about you or what you discuss in session.

Your personal data will be stored securely in a locked file and stored separately from session notes which I record after each session.

Limits to Confidentiality

There are certain situations in which I would be ethically bound to disclose what you tell me. Disclosures that suggest to me that you or someone you mention are at risk of serious harm, which means life-threatening harm, then I would be obliged to disclose. I would hope to involve you in the disclosures.

There are also some legal obligations to which I must adhere. These relate to drug trafficking, money laundering or terrorism. In these cases I would have to inform the relevant authority and would not be able to consult with you.

Supervision

All counsellors are required by their professional body to have monthly supervision with a specially trained counsellor to ensure they are working within their capacity and training. In such sessions, your case may be discussed but your identity will be anonymised.

Boundaries

The only contact I will make with you in between sessions will be to rearrange, cancel or confirm appointments and we will agree how you want this contact to be made; by telephone, text or email.