

## About Therapy

Therapy is a long-term process that aims to look in depth at different concerns or challenges in life. Through consistent sessions, a space is created in which you can safely explore deep-seated and structural difficulties and issues.

Therapy is not a quick fix to problems, but relies on the healing power of building and creating a therapeutic relationship to heal wounds that have often been caused in our relationships with others.

You are free to stop therapy at any time, and reviewing how therapy is going for you will be a regular and important part of our work together.

## My Commitment

My commitment is to be present to you at each session, and to support you in working through whatever comes up in your sessions. It will, of course, also be important sometimes that I challenge you.

## Your Commitment

Your commitment is to attend your sessions and be willing to explore as openly as you can your emotions, life experiences and thoughts.

## Confidentiality

All our sessions are confidential, and your privacy will always be respected.

The only person to whom I would talk about your sessions is my clinical supervisor, as required by law. However, I will not reveal your name or any other identifying details.

Situations when confidentiality would be broken are when your or another's life is in danger, or if there are serious child protection concerns. However, unless it was not possible, I would talk to you first and involve you in the decision to break confidentiality.

## Payment

You can pay by cash or bank transfer, either on a session by session basis, or blocks of sessions in advance.

If you do not pay for two sessions in a row, I will not be able to offer you another session until the outstanding amount has been cleared.

## Cancellations

You will be charged the full fee for all sessions that are cancelled or missed, unless 48 hours' notice is given. However, I will *always* try to rebook and find another time to meet within that week.

If you miss or cancel more than 3 sessions in a row, you will be required to pay a holding fee of half the session fee from the fourth session onwards.

I will give you as much notice as possible if I plan to be away and will inform you as soon as I can if I have to cancel your session in an emergency.