



## How I Work

(Person Centred Counselling)

Counselling is where you share aspects of your life that concern you. I will support you, without judging and help you to look within yourself to find the answers that you need. I will try to come alongside you and help you to explore your inner feelings - which tell us so much about ourselves. I believe that we each have it within us to find happiness and our true potential given the right support.

The aim of counselling is to help you to reach a better understanding of yourself, to accept yourself as you are and empower you to make your own life choices (when appropriate).

It is **not** about giving advice or telling you what I think you should do. However, I will help you to explore any options that might arise from our sharing.

### Confidentiality

All sessions will be conducted in strictest confidence. However, there are certain circumstances where it would be necessary for me to consult other professionals, e.g.

1. Where there is a serious risk of harm to you.
2. Where there is a serious risk of harm to another person, child, etc.
3. Where you disclose that you are involved in drug money laundering,; planning an act of terrorism and/or treason and if a Court Order has been made.

I discuss my work with my Supervisor in order for me to grow as a counsellor. I am sharing how your story impacts on me and I do not disclose names.

### Fees and Cancellations

Please be punctual as I will only be able to offer you the time up to the end of your appointment.

If you need to cancel an appointment please try to give 24 hours' notice as this may incur an extra charge - half the price of a session.

The fee per session is £            as we agreed. (Payable in cash at each session.)

### Ending Counselling

Counselling sessions usually last an hour (including organising next session).

If you wish to end the counselling please inform me either at a session; by phone or text.

If threatening behaviour is displayed then the counselling will be discontinued.

### Notes

I keep very short notes on our sessions as a way for me to stay focused on our journey together. You may see these on request - please refer to the Privacy Notice.

Client (Print Name) ..... Client (Signature) .....

Counsellor ..... Date .....

I am committed to working within the BACP (British Association of Counsellors and Psychotherapies) Code of Ethics and Practice for Counsellors. ([www.bacp.co.uk](http://www.bacp.co.uk))