

## **HOW I WORK**

### **COUNSELLING AND THERAPY**

Here are some more details. They connect with remarks in the paper *Counselling and Therapy in a Psychoanalytic Way*. These you can access by way of the *How It Helps* page at my site.

### **PARAMETERS**

Sessions take place at the same time every week and in the case of individual clients last fifty minutes, in the case of couples sixty minutes. Sessions always begin and end at the time we have agreed.

If you are late, it will not be possible to extend the session or make up the lost time. This is because I am obliged to book sessions in blocks of working time.

### **MISSED SESSIONS**

To benefit, it is important that you make a commitment to attend your sessions regularly.

Cancelled and unattended sessions will not be rescheduled. You will be charged for these and, in all circumstances, expected to pay the fee. Again, this is because I have to book sessions in blocks of working time.

If you find it difficult to attend your sessions regularly every week, I ask that you discuss the reasons with me, as I am aware problems or situations can arise which might make it difficult for you to attend your sessions.

However, if I think that continued cancellation of sessions is unhelpful for both you and me as your facilitator, I reserve the right to end this agreement.

If I have to cancel a session, it will be made up to you at a later date and will

not be counted or paid for as one of the sessions in this agreement.

I will give you at least four weeks notice of my breaks from work. I take these at the three major holiday seasons of the year. I do not take breaks on bank holidays and in half-terms.

### **CONFIDENTIALITY/NOTES**

The relationship with me is strictly confidential. Some aspects of my work will be discussed in supervision, within the context of confidentiality.

There will be no other disclosure without your permission, except in life-threatening circumstances, or where required by law and in these circumstances you will be informed.

Notes will be destroyed five years after ending your final session.

### **DRUGS/ALCOHOL**

If you have drug or alcohol problems, please speak to me at the outset. The work is not effective if you are under the influence of drugs or alcohol.

I therefore ask you not to attend any of your sessions if you are under the influence of mood-altering substances. That is although you will be charged for these.

### **MOBILE PHONE/REFRESHMENTS**

The work is less effective where sessions are interrupted by calls or mediated by refreshment. So I also ask you to switch off your phone before sessions and not to drink or eat in the room.

### **FEES**

I charge individual clients between £40 and £80 a session, couples £70 to £100. This sliding scale is dependent on your earnings and situation. We will decide on a fee during your assessment.