

Therapeutic Journeys

What you can expect from us

OUR APPROACH

Therapeutic Journeys offers a variety of approaches and models. You, in partnership with us, can choose the approach that seem best to suit your goals, presenting problem and personal preferences.

OUR CONTRACT WITH YOU

Therapeutic Journeys adheres to the highest standards of ethical practice and confidentiality as laid down by the United Kingdom Council of Psychotherapy (UKCP), by the British Association for Counselling and Psychotherapy (BACP) and the EMDR Association United Kingdom.

Unless otherwise negotiated with you, confidentiality remains within *Therapeutic Journeys*, which includes your counsellor's supervisor. The criteria for considering the breaking of confidentiality are strictly in compliance with UK Law if your counsellor considers you or someone else to be 'at risk'. We are legally required to report if you disclose that your life or that of somebody else is at imminent risk of serious harm (i.e. if you disclose anyone's 'clear' intention to harm someone), are involved in terrorism, drug trafficking or money laundering. In such situations counsellors may be required to take some form of action. In the event of this happening, your counsellor will make every attempt to encourage you to participate in any disclosure and will support you through this process.

Counsellors are free to stop therapy, either because they judge it is not in a client's best interests to continue, or because information, mainly of an ethical or legal nature, emerges that indicates it is not possible for the therapy to continue.

SUPERVISION

Good therapeutic practice dictates that, regardless of how well qualified or experienced a therapist is,

regular supervision of cases should be undertaken.

Therapeutic Journeys therapists receive regular supervision from qualified supervisors. At one of these sessions, your counsellor might discuss how the work is going that you and they are doing together in order to ensure high therapeutic standards are maintained.

CASE RECORDS

Case records are property of *Therapeutic Journeys*, and are stored securely at your counsellor's office. The information within them is held in the strictest confidence allowed under the law (please see www.therapeuticjourneys.co.uk for our policies that comply with GDPR 2018). These policies outline what kind of information we hold, how we hold it, how long it is retained and how it is destroyed. There is also information about your right to have your information erased and/or to view notes held about you.

APPOINTMENTS AND FEES

Appointments will usually last up to an hour, with the time and period between sessions negotiated between you and your therapist. In some cases longer sessions may be arranged if you prefer. We operate a sliding scale of fees.

Participation in therapeutic interventions is voluntary. However, once an agreement is made with your counsellor, we ask that you make every effort to attend the session(s) agreed. If you are unable to attend, you must inform us as soon as possible, and at least 24 hours before the appointment. Failure to do so will mean that you are liable for the full fee.

PLEASE FILL IN THE NEW CLIENT FORM ON THE NEXT PAGE