



## **THERAPY AGREEMENT**

Following an initial assessment session we will make a commitment to work together and it is important that you are clear as to what this requires. If you have any questions about the following please ask at the next session.

### **Your therapist**

- I qualified as a Counselling Psychologist in 2011 after 10 years of study, achieving Chartered status with the British Psychological Association (BPS), and registration as a full member with the British Association of Counselling and Psychotherapy (BACP) and the Health Professionals Council (HPC). I worked alongside my studies as a nanny, with children with autism and now with vulnerable young people and adults being supported in the community. My areas of expertise in practise are attachment disorders, learning disabilities, and young people although I have wide experience in many client issues and worked with a variety of genders, ages and ethnicities. Through my Masters research dissertation, studying the experience of working therapeutically with clients with Fibromyalgia, I have expert knowledge on psychosomatic illness.
- My training entailed my own extensive period of therapy and no less than 450 adult client hours in Person Centred, Cognitive Behavioural, and Psychodynamic therapy. Whilst this does not make me an expert in any orientation it allows me to offer a creative and individually adaptive therapy formed by the integration of the different approaches.
- I am employed by Relate as a young person's counsellor within army based primary and secondary schools.

### **The process of therapy**

- Our first session will last 80 minutes and will involve us getting to know each other better and assessing your needs and expectations for therapy. This may feel slightly different to the experience of therapy as I will be more directive and ask more questions than I will expect to do as therapy develops. With this information I am able to formulate an approach of therapy that I feel will suit your needs, encompassing various elements of different orientations.
- Fundamentally therapy is a place for you to talk, to explore yourself deeper, to understand yourself better and to work safely in a place where you will not be

judged. My role is to provide a secure environment in which you can feel safe enough to do this. It is important to be aware that therapy can be a scary process and at times you may feel extremely vulnerable. However, by staying with and working through this process you will hopefully come out from it in a much more positive place.

### **Confidentiality**

- Whatever is discussed in our sessions remains between us. However, as a requirement of all professional counsellors, client work may be discussed anonymously and respectfully in supervision with a qualified colleague.
- Being bound to the code of ethics of the BPS I professionally have the right to contact your GP if I believe you are in danger of harming yourself or another person. However this will always be discussed with you beforehand.

### **Fees and attendance**

- An initial 80 minute assessment session, as described above, is charged at £80.
- The fee for subsequent 50 minute sessions is £60.
- Fees are to be paid by the client at each session either by cheque, cash or direct bank payment. No subsequent sessions can occur until the fee is paid.

Direct payment details  
Miss J Raworth  
Sort code 20-98-48  
Account no. 90236012

- It is normally important that we meet regularly at the same time, on the same day, each week for 50 minutes.
- For you to get the full potential of the sessions I advise prompt attendance. 48 hours notice is required if you are to cancel or you will be charged for the session. Please call me on 07771474830.
- Cancellation is acceptable, although regular non-attendance would need to be addressed as it can have an impact on the therapeutic relationship.
- I will strive give plenty of notice of any holidays that I take, and sufficient notice if there is a need for myself to cancel. I will attempt to offer the opportunity of an alternative appointment.

## **Ending**

There is no limitation to how long you can attend therapy and this can vary between individuals. There will come a point when the sessions feel like they are coming to a natural end. We will then agree a period of sessions where we will work towards this ending.

If you feel a need to end for any reason, if you feel it is not helping, or for any other reasons, please address this with me so we can end it effectively. I would ask out of courtesy that if you choose not to return that you let me know so that another person in need can use this time. Leaving therapy is as much your choice as it is for you to start.

**SPECTRUM COUNSELLING PSYCHOLOGY**

**Julie Raworth** CPsychol MBACP

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