

Welcome to Therapies for Life Counselling

My name is Christine Jayne Finch, and I am a counsellor practicing under the name of Therapiesforlifecounselling. I hold Accredited Registrant membership of the National Counselling Society membership number NCS15-02697 and am bound by their Code of Ethics upon which this counselling contract is based. I also have a current enhanced clear DBS certificate and have appropriate insurance in place to cover my work with you as a counsellor.

What is Counselling?

Counselling is the opportunity for you to talk about whatever you want. My aim is to provide a safe, secure and supportive environment for you to do so. I work from a humanistic position which values and affirms you as an individual, recognizing and supporting your desire to understand and change yourself. I utilize an integrated approach, usually working from a person-centered position but using other theories that I have been trained in as appropriate.

Initial Session and Type of Contract(s)

Our first session together will be an assessment session, where we will decide if we feel we can work together. Should this be agreed then we will contract to continue working together at regular intervals. We will review our work regularly to ensure that it is beneficial and appropriate for you.

Reasons for Coming

Whilst I am happy to work with what you choose to bring to the sessions, it can be helpful to know your reason for coming including any areas you would especially like to work on, plus any specific aims or goals you may have in mind so that these can be taken into account.

Identified Areas for the Counselling Work:

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Specific Goals and Hopes for the Outcome of the Counselling Work:

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The above areas may change as the therapy progresses, so we will regularly review our work together.

Complaints

In such circumstances that you are unhappy with the therapy or service provided, you are whenever possible, encouraged in the first instance to talk your concerns through with me, your counsellor. If unresolved, please contact the National Counselling Society, at www.nationalcounsellingsociety.org admin@nationalcounsellingsociety.org 01903 200666.

Contact Details

Counsellor Christine Jayne Finch 07970 856664 therapiesforlife@protonmail.com
(Any contact is to be limited to cancelling or rearranging an appointment).

Client

Name

Address

Phone Numbers: Home..... Mobile.....

I agree you can contact me by home phone / mobile phone / text / email / letter

Client Name.....SignatureDate.....

Counsellor Name..Christine Jayne Finch..Signature.....Christy J Finch.....Date.....



Counselling Sessions

We have agreed to meet weekly for 50 minute sessions on.....at

The sessions will take place online via the **Zoom Meeting app** - <https://zoom.us/download>. Each session will cost **£40** (subject to rate fluctuation), payment via electronic bank transfer or standing order to show in my account before the start of the session (BIC: **ABBYGB2LXXX** IBAN: **GB06ABBY09012784596640** Account name: **Therapies for Life** Sort Code **09-01-27** Account Number **84596640** Account Name **Therapies for Life** ref I will text a reminder to you before every session and will text the meeting number / password to confirm receipt of the appropriate session fee. If you are unable to attend, then please give as much notice as possible by text to 07970 856664; failure to give me 72 hours notice will result in you having to pay the fee for that session at the next session you attend. If you fail to attend for two consecutive sessions without contact, I will assume that you no longer wish to continue; the counselling will be cancelled and this contract will cease to have effect. Unless you have cancelled a session by leaving a text message on 07970 856664 I will remain available for the whole of your allocated appointment time.

I will be unable to work with you if you are under the influence of alcohol and/or mind-altering drugs.

Confidentiality & Supervision

As a counsellor I will provide the highest level of confidentiality possible according to the law and the Code of Ethics of the NCS. However, some situations could result in disclosure and these are as follows:

- If you are considered to be a serious risk to yourself or to other people, then further professional advice could be beneficial.
- Any illegal activities and acts of terrorism, where my non-disclosure would break the law.
- Any child protection issues where a child could be at risk of harm or neglect; these must be reported to the appropriate authorities as required by The Children Act 1989.

Depending on the particular circumstances, wherever possible I would always aim to discuss any disclosure with you before taking any action.

In order to support any medical or physical disability needs you may have, it could be necessary to conduct a risk assessment together.

All professional counsellors are required by the NCS to have regular supervision and undergo continued professional development to support their professional practice. I may be required to use some information as case studies to fulfil continued professional development requirements. In all instances all cases are discussed using a pseudonym and as no identifying details are used, your privacy would therefore always be maintained. I will make brief case notes (written / audio) at the end of all counselling sessions in order to monitor my work; these are always non-identifiable. They are kept in a locked cabinet at 39 Queen Street LA15 8EG and are destroyed after 7 years. You may see the notes at any time.

Closure of Counselling Contract and Referrals

You may choose to end our work together whenever you wish, alternatively you may find the work draws to a natural ending. In either case it is helpful to have a closing session(s) to bring our work together to a suitable conclusion, as ending is an integral part of the therapeutic process.

Occasionally it may be necessary for me to refer you onward to another health care professional, which could be for a number of reasons such as:

- Your needs could be better met elsewhere.
- Our situation changes making the contract untenable.

As the client, I have read and agree to the contents of this contract, and confirm I am not attending counselling elsewhere.

Client Name.....SignatureDate.....

Counsellor Name..**Christine Jayne Finch**..Signature.....*Chrissy J Finch*.....Date.....

Date of Contract Commencement.....

