

YOUR THERAPY

Information and our Agreement

Please read this carefully as it forms the basis for our work together.

Professional information

Amongst other qualifications, I hold an Advanced Postgraduate Diploma in Contemporary Psychotherapy and am a full member of the United Kingdom Council for Psychotherapy (UKCP). My registration number is: 2011162290.

I have regular supervision with UKCP Registered Therapists.

I adhere to the Code of Ethics from the Community for Contemporary Psychotherapy. You are welcome to see a copy of this Code. I also adhere to the UKCP's Code of Ethics. A copy of this code of ethics is also available.

My work is underwritten by Balen's Insurance under a Professional Indemnity Policy.

Confidentiality

All sessions will be conducted in the strictest confidence and this confidence will be maintained, and applied to any and all records, in accordance with the Data Protection laws including GDPR



legislation. The only instances where your confidentiality might be broken are:

- 1) Where the client gives consent for the confidence to be broken.
- 2) Where the therapist is compelled by a court of law.
- 3) Where the information is (to quote the Code of Ethics of the UKCP) 'of such gravity that confidentiality cannot be maintained'. This usually means a situation where the therapist considers the client an imminent and immediate danger to others or themselves..

In the second two cases I would always attempt to speak to you first before breaking confidentiality.

As part of my ongoing professional development I may also share details of our work with my Clinical Supervisor. This is done in the strictest confidence. This is an important aspect of my work and can influence the effectiveness of practice.

Session recording

Sessions may be recorded for two distinct purposes:

- 1) Many clients report that it is useful to hear back their recordings. You are very welcome to record any of our time together yourself (e.g. on your smartphone) or I can do this for you and send you the recording via file sharing ... although the security and encryption of this method can't be guaranteed.
- 2) I may from time to time review our sessions myself and play an extract of your session with my supervisor if I feel it might help me to help you in the future. The recording will never be played to anyone else and will not carry any other identifying features.



Other health Professionals

Because I am not a medical practitioner, it is a requirement of us working together that I have the name and contact details of your general practitioner. If I needed to contact your GP, I would always endeavour to speak to you first.

Sessions, payment, cancellations and holidays

We will normally meet once a week at the same time. It is sometimes appropriate for the sessions to be more or less frequent than this.

Therapy tends to work to the extent that there is **commitment and regularity** in the arrangement on the part of both client and therapist.

- Your initial session is 90 minutes in duration. The fee for this is £165. Subsequent sessions are 60 minutes and the fee will be £110.
- We agree that you can either pay me by cash, cheque or online.
- Payment is made on or before the day of each session.

I will give you a minimum of one month's notice of any increase in fees. This will generally happen, or at least be reviewed, every summer.

Sessions are at regular, agreed times. It is not normally possible to rearrange them at short notice.

I will do all I can on my part to ensure you are inconvenienced as little as possible through missed or delayed appointments. I will



inform you well in advance of any weeks I am away on holiday or for professional reasons and will give a minimum 48 hours notice of any cancelled sessions where possible. I also require 48 hours notice of change or cancellation from you.

Length of therapy

I strongly recommend that we agree to see each other for a set number sessions and then at that point review your progress and what you might or might not need / want then.

When you want to stop therapy, it is usually appropriate to meet for a mutually agreed number of session(s) in which we can review progress, changes and what will help you after therapy as well as the ending of our working alliance. An onward referral can be arranged where appropriate.

LAYING THE FOUNDATIONS

This mutual agreement is in place to provide you with stability and safety so you can best use the opportunity to develop and change in a way which suits you.

If you have any questions based on this agreement I encourage you to talk about them with me in person.

Warm wishes



Mark Bailey
D C Psych, UKCP, NLPTCA

