

Dr Rachel Freeth

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Therapy Information Sheet

This document describes what I provide and the terms on which I practice. Don't hesitate to ask me any further questions or seek clarification on any points.

Type of therapy

I work with individual, adult clients who seek help for a wide variety of psychological and emotional difficulties or needs. The therapy I provide is informed by my training in the Person-Centred Approach (PCA). In this way of working I view people as always in the process of development and growth and trying to do their best in whatever situation they are in, with my aim to support them in this process. It is not an approach that focuses on *treating* symptoms or seeing people as *disordered*. I view therapy as an unfolding process in which we share the work together. I aim to be led by you in terms of what we talk about. I also view the nature and quality of the therapeutic relationship as key to supporting change and the development of greater self-acceptance and self-understanding.

Sessions

In our first session the main aim will be to explore what the focus of our work might be, whether we can work together and whether what I provide is suitable for what you want or need. There is no obligation to book any further sessions after this initial appointment, but if we do agree to continue then sessions are usually weekly on the same day and time. However, I can see people less frequently although in this case it may not be possible to guarantee the same day and time each week. Each session lasts one hour. I will also check with you from time to time whether therapy is continuing to be helpful and meeting your needs. There is no requirement to make a commitment for a fixed number of sessions. However, I recommend that ending therapy is planned and prepared for.

I provide sessions on-line using the zoom platform and I also see people face to face in Gloucester, UK, where I hire a room.

Confidentiality

Everything you discuss with me is confidential other than my need to discuss my work with my clinical supervisor as part of good clinical and ethical practice. In this instance I would withhold any personally identifying details.

Also, in exceptional circumstances, I might need to breach confidentiality if I have a significant concern about any risk of harm to yourself or another person. In this situation I would always try to explore my concern with you first and inform you of any disclosure to a third party such as your GP or other professional. There are also circumstances (relating to money laundering, acts of terrorism or drug trafficking) where I am legally required to disclose information.

After each session I make brief notes but these are without any identifying personal details and are securely stored. These notes do not form part of any official health record. I am registered with the Information Commissioner's Office and abide by the General Data Protection Regulation (GDPR). Please see my separate *Privacy Notice*.

I will not follow you on any social media platform out of respect for your privacy. I am not on social media.

Fees

My Current fee is £55 per session to be paid either before or shortly after each session by cash or by BACS. I will give you at least one month's notice should my fees increase following an annual review. An invoice can be provided if requested.

Holidays and cancellations

I will give you advance notice of any holidays I am planning to take or when I am unable to provide a session for other reasons. There may be occasions, e.g. because of illness, when I have to cancel at the last minute. In the event that I need to cancel I will try to offer an alternative time.

If you do not attend a session or need to cancel giving less than **24** hours' notice, I request being paid the full fee for the missed session. In the event that you cancel with less than 24 hours' notice it may be possible to rearrange the session for another time the same week without paying the cancellation fee, although I am not able to guarantee I can find another time. If you arrive late for a session, I am not usually able to extend the session beyond the set finishing time.

Contact outside sessions

This would normally only be for practical reasons such as rearranging or cancelling a session. I am not usually able to provide any extra input at short notice nor in an emergency. In an emergency or crisis, I advise that help be sought from healthcare services such as your GP, or the NHS advice line by calling 111. A free listening service is available from the *Samaritans* by calling 116123 (www.samaritans.org).

If we are likely to cross paths outside a session, then it will be helpful to discuss with you how we manage this in order to protect the therapeutic relationship and professional boundary.

Professional and ethical standards

I work to a set of professional and ethical standards and as a member of the British Association for Counselling and psychotherapy (BACP) I abide by their '*Ethical framework for the counselling professions*' (2018). The BACP also has a complaints procedure should this ever be needed. I also have professional indemnity insurance.