

# **1 To 1 Counselling**

[www.1to1counselling.co.uk](http://www.1to1counselling.co.uk)

Email: enquiries@1to1counselling.co.uk

Tel / Fax: 01928 718044

## **OUR COUNSELLING AGREEMENT**

Counselling is an opportunity to talk through anything that is troubling you whether this is your situation now, from your past or fears for the future. Whether you have difficult feelings, or a specific problem that is bothering you, this is a safe environment you can talk about it all in.

My name is Lorraine Cox, I am trained to understand your situation but you are your own expert and I will not judge you, offer you advice or solve your problems for you. I will offer you space and a confidential environment in which I will listen and support you to explore your thoughts and feelings to enable you find your own answers.

All counselling sessions are confidential with some exceptions, such as:

- If you reveal you intend to harm yourself or another person
- If you reveal that a child is being or is in danger of abuse
- If you are physically or verbally abusive or threatening to myself
- If I am compelled to reveal information by a court order

This list is not complete or exhaustive. If I have any concerns I will stop the session and we will discuss these concerns and hopefully achieve consent for the course of action or disclosure to take place.

Notes may be made about our session, so I can discuss any concerns, issues etc with my supervisor but, as my clients are not identified, your anonymity will be protected as all times and any notes are destroyed immediately after use.

Each session will last up to 60 minutes and, if counselling is on-going, then there may be a review after eight sessions.

Cancellation Policy: If you can't come to your session, please make contact as soon as possible as cancellations require a minimum of 48 hours notice or full session fees will be charged.

During the first session we will discuss everything in this agreement but, this is a lot of information so, this written agreement confirms the basis for all our counselling sessions.

If you have any complaints about this service please do not hesitate to contact us and let us know or BACP's contact details can be found on our website (listed above).

NB. All records, notes etc regarding our counselling sessions belong to 1 To 1 Counselling.