

Counselling and other services

Couple therapy is for couples and sometimes one person may be seeing a counsellor for other reasons. Please let me know if this is the case at the start of the agreement or during the time we are meeting.

Should either party be working with a Psychiatrist, for example, I can support and work with other professionals, if I am able to do so.

Should I need to signpost you to other services, as I cannot meet your needs, we will discuss the way forward, and my services may come to an end temporarily or permanently.

Risk Assessments

Should I feel you are at risk, we may discuss a risk assessment and put safeguards in place.

Payment of fees

Payment is due at the end of each session

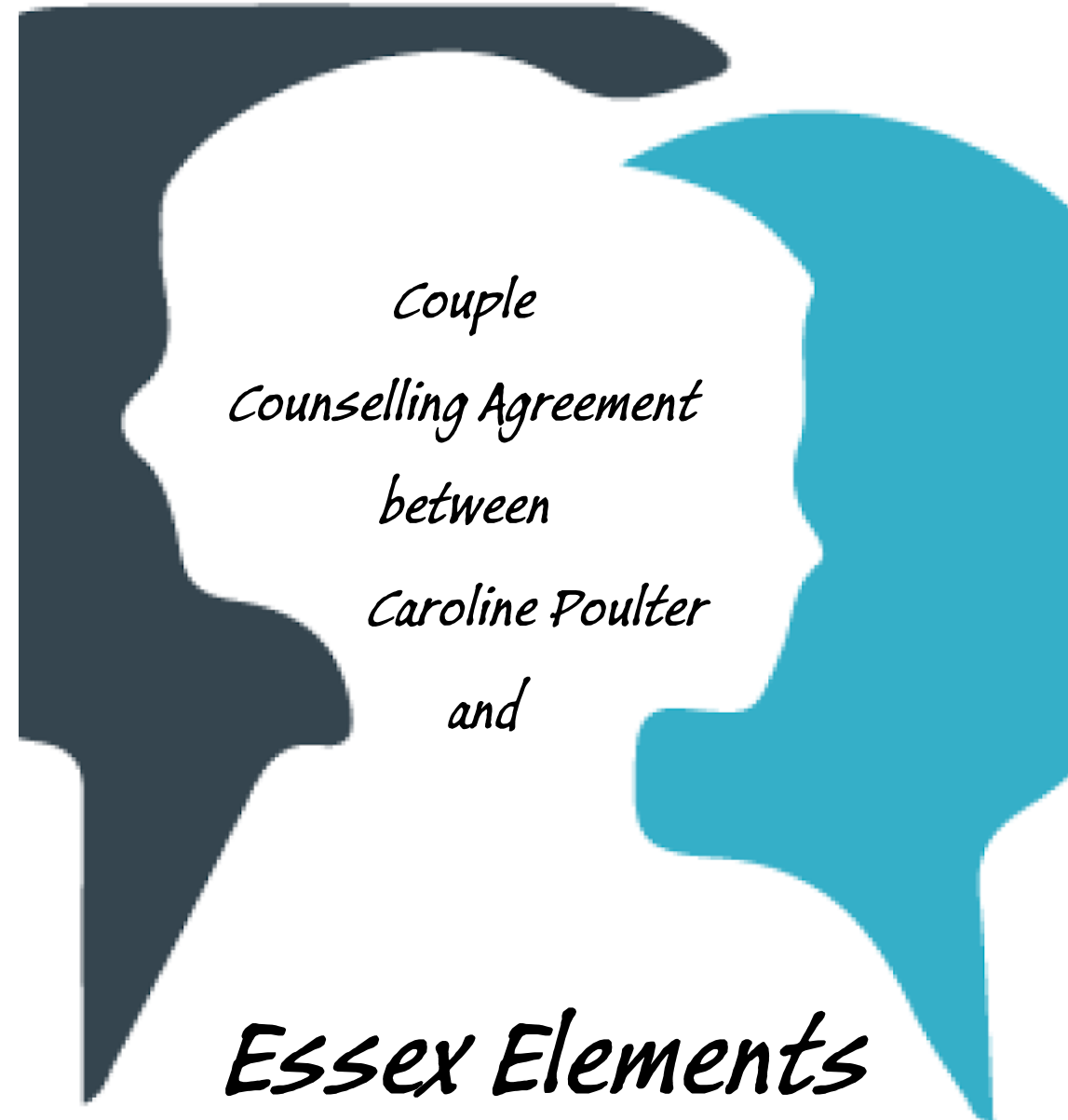
Payment can be made in the following ways

Cash or, bank transfer to the following details

Caroline Poulter (Personal Account as Sole Trader)

Sort Code 09-01-28

Bank Account Number 22616958



Counselling Style

My style of counselling incorporates 4 main models of counselling: Humanistic, Psychodynamic, Cognitive Behavioural techniques and Transactional Analysis, although other modes and approaches are offered, such as sand tray work and other creative approaches.

Aim of Counselling

- ♦ To help you to understand your relationship better so you can start to reveal to yourselves what is causing distress, and so in the process, learn what choices you have to alleviate these difficulties.
- ♦ To be able to emotionally walk alongside you, and support you through any difficulties you may be facing.
- ♦ To enable you to feel heard without judgement.
- ♦ To help you to challenge and reframe any patterns of thinking or behaviour that may be negatively affecting your life and your choices.

What counselling isn't

I do not give advice but we may explore options together.

Couple Counselling Agreement

I will provide a confidential and safe space where you will be able to explore your challenges and difficulties. The limit to this confidentiality is if I feel you or someone else is at risk of harm, in which case in certain circumstances, I would need to consider passing the information on to other services, but will aim to talk with you first.

We will generally start with meeting on a weekly basis, but we can work together to move this to fortnightly and monthly as time passes, as I trust you to know what you need.

Couple Counselling Agreement cont.

With couple counselling we may work together in a 3, but there may be other times where we may agree to meet for a 1:1 session so other sensitive and background topics can be explored.

Ending Therapy

You are free to continue with or cease Counselling support at any time, I just ask that you let me know you will not be returning, so we can evaluate our time together in our final session, and so I can close down your records.

I am also able to cease our sessions should my circumstances change.

Notes

Only very brief notes are taken, such as dates and times of sessions.

Venue and Platforms

We can meet face to face, via video link or telephone, or a combination of all 3 to meet your needs.

Conditions of agreement

Counselling sessions are 50 minutes long and need to start and finish on time. (longer sessions are available at your request for an additional charge)

I have a **48 hour cancellation charge** in place as the time is set aside for you and our work together. **This is the full session charge**

I cannot accept provisional appointments

I charge **£85 per 50 min session** for Couples Counselling.

Contact via text or other platform is limited to changing session times and/or cancellations between sessions.