

What should I do between sessions?

This does depend on the work that we do in the sessions. Generally, I'd like you to notice what works as well as what does not work. We can then discuss this at the next session. Also, **I'd like you to take 15 minutes aside every day** to review our sessions, reflect on the exercises, thoughts and ideas that we discuss and notice the effect on your day to day living.

Your role

Talking therapies can be very useful and effective. They encourage different parts our brains to integrate information. However as powerful as talking can be it is of course not the whole picture.

When we *experience* changes other parts of our brain come into play. For this reason expect for us to discuss activities for you to do between sessions and beyond.

These can be very useful as we develop skills and make changes. They are very much a part of therapy.

I hope the journey you take is a useful and beneficial one.



Mark Bailey / Smartmind Ltd 2018

Cancellations.

Sessions that are cancelled with less than 24 hours notice (excluding weekends) will be charged at the full rate.

Sometimes unavoidable things happen. Please do talk to me if there are unavoidable that delay you or cause you to miss a session.

IF YOU'RE IN CRISIS

I don't offer a crisis or out of hours service as a Psychotherapist. If ever you feel suicidal to the point where you feel you are at immediate risk it is important to either **call 999 or go to A & E.**

Please know that we can talk as much about suicidal feelings in your sessions as you need to which will help you if you have them between sessions. If you also feel you need to talk to someone out of hours remember you can call **The Samaritans on 116 123.** They are open 24 hours everyday. Save their number on your phone if it helps.

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PSYCHOTHERAPY & COACHING

USEFUL INFORMATION FOR YOU



After your first session.

When you leave after your first session your memory of our work *might* be a bit hazy and perhaps confused. This may be the first time that you thought about the issues that we have just discussed and more than likely that the way we talked about your concerns was very new to you. Feelings of confusion are very common and they are an indication that change is about to take place.

How long will it take?

This is a difficult question to answer until after our first session. Sometimes, even after the first session this may not be clear. I will always discuss with you my thoughts and ideas. At the very least I will suggest a time, either the next session or a defined date in the future, when we should review our progress.

How often should we meet?

Its usual to meet no more than once a week. This allows you to experience a new view of the world and for you to begin to notice changes. Some clients have particular jobs that mean that meeting at the same time each week isn't practical. I am happy to be flexible and will try to meet your needs.

However, the frequency of our sessions will have an effect on the efficacy of the therapy. Sessions held at random or with long gaps in between can be less effective than regular weekly sessions at specified times.

Confidentiality

All that takes place within our sessions is confidential.

Unless we have agreed to inform other people of our work then all the information that we discuss remains within the session. You are perfectly within your rights to discuss our sessions with anyone that you wish to. I will, however, ensure that confidentiality is maintained with the information that I keep.

If we did happen to see each other in the street I would not initiate any contact but rather leave that up to you.

Recording.

Sometimes I may ask if we can record a session. This can be because I may need to review our discussions between sessions or because there may be a special research need. Your permission will always be required before a recording is made and the context for the recording will be explained.

If you would like a session recorded for yourself simply bring with you a USB stick.

Clinical Supervision.

As part of my own professional integrity and to improve the efficacy of my work I regularly meet with a supervisor to confidentially talk over my practice of therapy. It is quite possible that I will discuss our work with my supervisor in order to ensure the quality of my service to you.

Contact with other health workers.

I may suggest that it is important for you to ensure that all other health care workers e.g. your G.P., chiropractor, specialist doctor, to be told that you are seeing me. If you have been referred to me by a GP or other health worker then it is normal practice for a short note to be sent by me to that worker so that they are informed about your work with me.

Safety

I will always ask your permission before I contact anyone else about our working together. The only exception to this is where the law demands that I take steps to protect either yourself or other people from your actions.

Complaints Procedure

It is extremely important that you feel supported and safe in any mental health environment.

If you feel there is any shortcoming in my work I suggest that initially we discuss it first to see if there is anything we can do to resolve any problem.

There is also a formal complaints process from the United Kingdom Council of Psychotherapists who regulate this kind work and have a detailed Code of Ethics by which Psychotherapists must abide. More details can be found at:
www.psychotherapy.org.uk