



# Woodstock Counselling

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[www.woodstockcounselling.co.uk](http://www.woodstockcounselling.co.uk)

## Introduction

Many personal decisions are made & problems solved through discussions with friends or family, a colleague or manager, or with a GP. However, there are times when it may be right to seek professional help away from the familiar daily environment. This is where counselling and psychotherapy can help you resolve difficult issues you may be facing in your life.

## About Ruth Chaloner

I am fully qualified psychotherapist and a member British Association of Counselling and Psychotherapy ([www.bacp.co.uk](http://www.bacp.co.uk)). This is a confidential service. I do undertake supervision, as required by the BACP and may discuss your case anonymously with my supervisor or supervision peer group, and may possibly write case notes, which will be kept securely.

My service ethos emphasises a relationship of equality, respect & encouragement by allowing you the time and opportunity to actively explore issues, which may be causing difficulty in your life. Our initial meeting is to assess the suitability of the counselling relationship for both the client and counsellor. The number of sessions we plan will be discussed with planned review dates.

Each session will last for up to fifty minutes and will begin at the agreed time. I can also offer sessions of 100 minutes – which can be discussed in our initial meeting. If for any reason the date/time needs to change, 24 hours notice will be given whenever possible (on both client and counsellor side). If you are unable to give 24 hours notice, I will unfortunately have to charge you for a missed session. (Please also see my terms of agreement at the end of this document.)

Please do ask about this if you have any further questions.

## What happens in Counselling?

Counselling is not the same as giving advice. Rather, a counsellor seeks to help you focus on & understand more clearly the issues that concern you. By respecting your own values, choices & lifestyle, the counsellor can work together with you towards making choices or changes that are right for you. Counselling sessions take place in a comfortable & private setting & are usually for 50, occasionally 100 minutes.

## What areas can be helped in Counselling?

Most personal, relationship or identity problems can be helped through counselling – this includes stress, anxiety & depression, family &/or relationship difficulties, addictions, sexuality. It can also include talking over dilemmas or difficult decisions, as well as more



specific problems such as loss. If the counsellor cannot help personally, they can direct you to others who can.

### **The Initial Appointment**

At this exploratory appointment we can talk over the reasons for you seeking counselling & together decide the most appropriate way forward. Some find this exploratory session sufficient on its own, whilst others will want ongoing individual counselling or referral to other agencies.

### **Ongoing Counselling**

Some individual work can be short term (10-20 sessions), often other work can be for longer. In the first instance we will contract to meet for ten sessions and then review on our tenth session to see if you wish to continue.

### **Code of Ethics & Policy on Confidentiality**

I work to the British Association for Counselling & Psychotherapy 'Code of Ethics & Practice'. Any notes written & the content of all counselling sessions remain confidential.

Nothing will be revealed about you to anyone outside of our work, (other than in supervision, or for potential case studies. In both cases your identity will remain anonymous) and will not be shared without your express permission. However, in very rare circumstances, where there appears to be serious risk to your own or to others' safety, I reserve the right to break confidentiality. Even in these circumstances I would always endeavour to speak to you first before contacting anyone else. Please ask if you have any questions on this policy.

### **Your GP**

You should be registered with a GP & it is often helpful if you inform him/her that you are seeing a counsellor. If it is appropriate I can liaise with him/her or make referrals to a variety of psychological services.

### **Fees for Counselling**

I charge £75 for Individual 50 minute sessions.

- Limited spaces are sometimes available for low cost counselling.
- Therapy sessions last 50 minutes and are held on a weekly basis. Weekly attendance is important for therapy to progress. Missed sessions are payable in full, as are sessions cancelled with less than 24 hours notice.
- Payment is taken at the end of each session by either cash, or, if paid by debit card I would ask for payment in advance weekly or in 10 session modules. I am happy to invoice you for the 10 sessions if required, this is non-refundable.



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## **Terms of Agreement for Counselling & Psychotherapy**

1. Sessions last for 50 minutes and will usually take place weekly at a regular pre-arranged time and place. Sessions are to be paid in advance. The number of sessions depend on your needs, but we will contract for an initial minimum of 10 sessions and then review at 7 weeks. The idea is to review every 10 weeks.
2. Ruth will undertake to give ample notice of holiday dates, and will only cancel sessions outside these times in unavoidable circumstances, when naturally no charge will be made.
3. If Ruth is unable to attend a session, she will try to offer an alternative time wherever possible.
4. Clients will be charged for any missed sessions where less than 48h notice is provided. Ruth will endeavor to provide an alternative session in the same week if her schedule allows.
5. Clients will be able to take up to 4 weeks break per calendar year outside Ruth's holiday periods for which they will not be expected to pay. It would be helpful if these times can be booked at least 4 weeks in advance.
6. Fees will be reviewed annually at the start of each calendar year.
7. Clients will provide 3 weeks notice of proposed cancellation of counseling and agree to pay for any unattended sessions within this period.
8. By attending sessions with Ruth, you agree to allow Woodstock Counselling to contact you via text and email, and occasionally phone to confirm appointments and for marketing purposes. We will not pass on your contact details to anyone else.
9. Payment is required in advance of sessions, to reserve your place. I do also offer 10 sessions for the price of 9, payment in advance.