

Trish Blundell
Psychotherapist & Counsellor
Registered Member & MBACP Accredited
Qualified Supervisor & Trainer

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As your supervisor I can offer you a supportive and challenging space to reflect upon your clinical work, your practice and role. Supervision is a working alliance to consider yourself and your work; receive observations, feedback and where appropriate, guidance. The object of our working together is to enable you to feel supported and grow in understanding and confidence; to maintain ethical and professional standards and develop your competence as a practitioner.

I am a psychotherapist, supervisor and trainer with over twenty years of therapy experience working in the voluntary sector and ten years as a voluntary sector manager. I also have over twenty years of experience in the autistic, sensory and learning disability community.

I have supervised therapists, both trainees and qualified; managers, charity volunteers, work based trainees, mentors, teaching assistants and clergy. In my approach I draw upon a number of psychological theories and concepts which help to make sense of and bring understanding to, issues or situations you might want to reflect on and/or change. My supervision practice is respectful of each individual's style or orientation of practice and personal philosophy or faith.

I am an accredited member of the BACP (British Association for Counselling & Psychotherapy) and adhere to their Ethical Framework for Good Practice.

My Commitment as your Supervisor:

- ✓ I will provide the time and space to meet regularly
- ✓ Encourage your development and growth both professionally and personally
- ✓ Help you to maintain professional and ethical standards of practice
- ✓ Help to ensure that your client's needs are being met
- ✓ Hold regular reviews of our work; addressing our effectiveness and competence
- ✓ Hold the boundaries of the supervision relationship
- ✓ Observe GDPR good practice
- ✓ Store any notes of supervision sessions safely
- ✓ Be respectful of the ethos of your work and organisation
- ✓ Endeavour to give as much notice as possible of any changes to our meeting times or cancellations
- ✓ Provide one months notice of any leave I intend to take
- ✓ I review my fees annually and give at least two months notice of any increases

Your Commitment to Supervision:

- Attend sessions that we have booked
- Prepare for our sessions, to make the best use of the time available
- Be open to observations, feedback and constructive comments
- Respect the confidentiality of those you speak about
- Give as much notice as possible of any leave you intend to take
- Provide two month notice of ending supervision
- Pay for sessions promptly; including those missed or cancelled

Confidentiality:

I receive supervision of and/or attend training for my supervision work. I may discuss the process of our sessions in these contexts, and if so, I will protect any identifiable details about you or your clients. I treat all things discussed within our work as confidential. The only situations when I may consider going outside of our agreement of confidentiality would be if I had concerns regarding your well-being, or if I believed you to be at risk of harming yourself, your clients or others you might chose to mention, or if I am obliged to do so by law. In all these situations I would discuss my concerns with you and most often inform you of any action I might take. However I reserve the right to make contact with the relevant organisation (employer, governing or professional body) if I am seriously concerned about the competence or safety of your work.

Data Protection:

To provide you with a service of supervision I keep information, which can be useful for our work together. I store this information securely under the Data Protection Act and in accordance with The European Union's General Data Protection Regulations (GDPR) (May 2018). At our first session I will explain my privacy notice and ask for your permission to store and use your personal data as is appropriate for the purpose of our work together.

In the unlikely event that I should suffer any sudden serious incapacity in which I am unable to communicate with you, a trusted psychotherapist colleague has permission to access my files for the sole purpose of contacting you on my behalf to inform you of the situation and will keep all information confidential.

Fees:

I charge £40 - £45 per 50 minute session; group session fees may vary dependent on size. I will invoice by email monthly or you may pay by cash or via internet/phone banking services when we meet.

When we agree to work together I will hold the agreed day and time for you; consequently all sessions must be paid in full, including those you miss or cancel, unless we can rearrange in the same month.

We will agree the frequency of our sessions when we first meet and this can be reviewed if needed within our work. Sessions are for 50 minutes or 1.5hrs.

Practicalities:

I offer sessions from my home in Barton-upon-Humber; I have a comfortable therapy room on the first floor. *For greater privacy access is via the back entrance with six shallow steps to the rear door.*

I will respect and protect your confidentiality at all times, however occasionally there may be another person in the house working in another area away from the therapy room.

I ask that you arrive just before your appointment time to respect the privacy of other clients I may be working with.

Sometimes it may be possible or appropriate for me to meet with you at your place of work; I am happy to discuss this with you when we meet.

I look forward to working with you.