

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

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Thank you for your enquiry; I thought it would be helpful to give you some information about me and my practice.

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.

There is parking space at the rear of the property, which is around a 15 minute walk from Barton town centre. I will provide directions once we have agreed the first session.

First Appointment:

This session is to consider working together in a way that will be helpful for you.

During this session we will consider why you want counselling at this time and what you want to gain from it. You will have the opportunity to tell me about yourself and I will ask you a number of questions to help me understand you and your situation better. I will also want to know about your general health and the contact details of your GP.

At the end of your session we will consider the next step; we may decide to organise more sessions straight away; or you may wish to go away and have some more time to consider what you want to do. I too may need to consider if I have the appropriate skills to support you; if I believe that another type of therapy or someone with different skills to mine would be better suited to you I will inform you of this.

On-going Sessions:

If we agree to work together, sessions will be weekly; sometimes I can offer fortnightly sessions, at the same time on the same day. I have both evening and weekday appointments; all lasting 50 minutes.

I can offer on-going, long-term therapy or fixed term therapy of a set number of sessions.

Ending Therapy:

There can be many reasons to end therapy; during our working together if you decide that you wish to end, I would ask that you talk this through with me first so that we may think of how to end well. If we have been working together for some time I would usually suggest we end over a number of weeks if possible, to allow us the opportunity to have a good ending to your work and our relationship.

Contact:

My availability is limited by my work; I also believe therapy to be at its best when meeting together face-to-face, consequently I am not able to offer contact between sessions, apart from brief responses to emails or voicemails regarding practicalities around appointments. If you find that your weekly session is not enough then please talk with me about this and we can consider what other support you may need.

My mobile number is always on voicemail; I try to respond to messages on the same day if possible and generally reply between 9am~5pm Monday to Thursday.

Payment:

I charge £40 per session for individuals and £45.00 for couples; payable by cash at the beginning of the session or via internet/phone banking services.

Therapy works best when sessions are regularly attended, when we agree to work together I hold the agreed day and time for you only; consequently 50% of the fee is paid for sessions you choose to miss or cancel for any reason, including holidays.

When I am not available there is no charge; I take usually 6 weeks leave each year, some of which will be over the Christmas period. I will give a month's notice of any leave and will contact you as soon as possible in the event of me being unwell.

I usually increase my fees by £1 - £2 each year and will give a minimum of two months notice of any increase.

If you miss a session and I do not hear from you I will email or text you; if you do not reply and miss another session I will no longer be able to hold sessions for you.

Confidentiality:

Anything you share with me will be held respectfully and confidentially. I am required by my profession to have regular supervision of my work and on-going training, where I discuss the process of my work whilst protecting the identity of my clients. All supervision and training is bound by confidentiality.

The only situations when I might consider going outside our agreement of confidentiality would be if I were required to do so by law, or if I believed you to be

at risk of hurting yourself or someone else.

I keep very brief notes of our sessions and adhere to data protection protocol and safe storage. Whilst working together I will also keep your contact details on my therapy practice mobile phone. I will delete your contact information once our work comes to an end. *Please refer to Data Protection & Privacy Notice*

Data Protection:

To provide you with a service of counselling and psychotherapy 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.

I am often out and about in the local area, in order to support your confidentiality if we happen to see each other outside of sessions I will not acknowledge you unless you do so to me and most often simply to say "hello".

If you have any questions about confidentiality we can discuss them at any time.

Concerns or Complaints:

If you have any concerns or worries about me, or the way I work I would invite you to talk with me about them.

I am a member of and accredited with the British Association for Counselling and Psychotherapy and adhere to their Guidelines for Ethical Practice in Counselling and Psychotherapy.

I am happy to discuss anything noted above when we meet.

I look forward to seeing you.