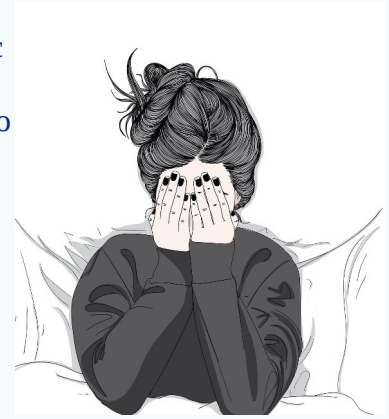


## What is counselling/therapy?

Counselling and therapy are used interchangeably to describe a therapeutic process. Therapy provides a regular and confidential space to talk about worries or problems you may be experiencing or changes you would like to make in your life. Talking things through in a confidential setting, with regular appointments over a short, medium-term or longer period of time can often help people gain new and different perspectives on their challenges and lives. This can lead to changes in how you feel about yourself your relationships with others, your thinking and behaviour.



## How does therapy work?

Having thoughts, feelings, worries or goals listened to, clarified or understood by someone who is not directly involved in our lives, in a confidential setting, can help us to see more clearly and find new ways forward.

Giving ourselves regular time and space to talk also enables us to shed light on repeating patterns of behaviour and receive support while we make any desired changes in our lives.

## What does a counsellor/therapist do?

Therapists are trained to:

- listen, understand and empathise; aiming to see things from their clients' perspective;
- help clients express and understand their thoughts, feelings and emotions in a safe space;
- support clients to gain greater clarity about their challenges and goals;
- enable clients to make sense of past patterns and how these maybe impacting their mental & emotional wellbeing today;
- support clients to a) think about how they want to make positive changes and b) take actions towards any desired changes.

Counsellors do not judge, give advice or tell people what to do. Instead, they help clients facilitate their own personal growth through increasing self-awareness and confidence. Clients are free to make their own decisions and choices about any changes they want to make.

## Who can attend therapy with Sarah?

Sarah supports adults who are 18 or over who have capacity to consent to counselling.

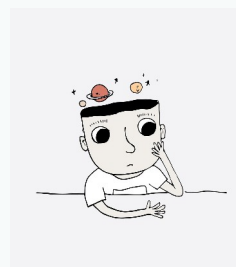
## Is the therapy online or face-to-face?

Currently, all sessions are held weekly, online and take place for 50 minutes per session. However, please ask Sarah if you prefer to meet face-to-face as this may be possible, depending on your location.

## What kind of things might I talk to Sarah about?

The issues are wide and varied. However, here are some key areas Sarah primarily works with:

Abuse  
Addictive or Compulsive Behaviours  
Anxiety  
Anger management  
Apathy, demotivation and lethargy  
Bereavement, grief & loss  
Bullying or abusive relationship dynamics  
Communication, confidence and self expression



Depression  
Feeling Stuck, setting life goals, making positive changes  
Family and relationship dynamics  
Redundancy or job loss  
Work or study stress  
Divorce or Separation



### Why is it so important that sessions are kept confidential?

In order for people to feel safe and fully trust therapists to help them with their concerns, it is essential that confidentiality is maintained. Confidentiality also supports people in changing behaviour and to be honest about some of the more difficult feelings we can all experience in life, such as sadness, anxiety, fear, shame or anger.

### Is therapy 100% confidential?

In the majority of situations counselling remains 100% confidential; details shared in a counselling relationship will remain with that counsellor. However, counsellors may also need to disclose some anonymised information during Clinical Supervision sessions to support their work with you. Your name/other details that could identify you are never disclosed to the Supervisor. The purpose of Supervision is to provide support for the therapist for their work.

However, there are exceptional circumstances when confidentiality may need to be broken, due to legal requirements and/or the safeguarding of clients. These circumstances are clearly explained to clients during the initial consultation at the start of any therapeutic relationship.

### Conflicts of Interest

If you are being recommended by a friend, family member or colleague who knows Sarah or has worked with Sarah, please note, this may prevent Sarah from working with you. However this can be explored during the initial appointment. Unexpected conflicts of interest can also arise at anytime during our work together, however, Sarah will let you know should she be unable to continue working with you should a conflict arise.

### When will confidentiality be broken?

Confidentiality will be broken if Sarah deems a person at significant risk of harm, either to themselves or others during the course of therapy. In these cases, Sarah will speak with either a client's GP or relevant agency or professional. Sarah will always endeavour to consult with clients ahead of making contact with any third party, wherever possible.

A written Agreement will also clearly outline confidentiality boundaries.

### Does Sarah work with other services?

Sarah may signpost clients to other services and/or liaise with GPs or third party agencies where appropriate or necessary.

### How do I make an appointment?

You can email Sarah to arrange an initial consultation.



### How long should I attend sessions?

Sarah can offer short, medium-term and long-term support. Everyone is unique, so your needs can be explored at the initial assessment appointment and is regularly reviewed with you throughout your therapeutic relationship with Sarah. However, a minimum of 6 sessions following the initial assessment is recommended to allow clients to begin experiencing some benefit from the sessions.

### Can I make an initial appointment on behalf of a someone else?

No, unless an individual requires additional support to make an appointment, it's really important that the person seeking counselling or therapy makes direct contact with Sarah. Therapy is rarely effective if we attend because someone else wants us to seek help.

### What if I want to stop coming to sessions?

People are free to end therapy at any time. During the first session they are advised of this and are asked to let Sarah know when they they have decided they want to end. Wherever possible, it is helpful to attend a final session to ensure Sarah can support clients to facilitate a 'good ending' to the therapy experience.

### What qualifications does Sarah have?

Sarah gained a three year post graduate diploma in professional integrative counselling in 2001 and has many years' of supervised experience working with both young people in secondary and further education settings and adults in private practice, EAPs and in organisations. Sarah also has qualifications and experience in coaching, NLP and human resource management.

### Fees

Fees for online sessions are £65 for each 50 minute session and sessions are payable in advance. Face-to-face sessions may incur an additional fee. A few concession spaces are sometimes available for students or those on lower incomes. Please mention this to Sarah prior to booking your initial appointment.

### What happens in an initial consultation?

The initial consultation is not a therapy session. Sarah will email you details of what to expect during an initial appointment. It is also an opportunity for you to meet Sarah, to ask any questions you might have about counselling/therapy, Sarah's background and how Sarah works. Sarah will also let you know whether she is the best person to help you at this time.

### About Sarah

Sarah began her professional career in Human Resource Management, gaining both CPP and CIPD qualifications and has experience in corporate and public sectors. In her late 20's she answered what seemed like 'a call' to go into counselling, initially gaining a CSCT Certificate in Counselling Skills before studying a 3-year, part-time Diploma in Professional Integrative Counselling at Kingston College, UK (1998-2001).

Sarah went on to provide counselling for young people in secondary and further education settings, alongside counselling adults in private practice, corporate and EAP settings. As her counselling and coaching career evolved, Sarah continued to work in HR on a part-time basis and has further invested in CPD, workshops, training and/or qualifications in a number of key areas:

Coaching, Corporate Coaching, NLP, Hypnosis, Timeline Therapy Family Constellations and Energy healing. Sarah has also experienced approximately 10 years of her own personal therapy (Jungian, Integrative, Psychodynamic) and continues to invest in her own personal development. Sarah is an accredited member of the British Association for Counselling & Psychotherapy, receives regular and ongoing Supervision for her work and adheres to the [BACP Ethical Framework for Counselling Professions](#). Sarah is also registered with the [ICO](#) and all her work is fully insured.