



amanda gemmel counselling

- Our initial telephone call can help you decide whether you feel that I'm the right counsellor for you. If either you or I feel you may need support from someone other than me then we can talk about this and I will try my best to signpost you to appropriate alternative provision.
- During our first appointment I may need to ask you a few questions and write a few notes. This will help me to get an overview of how I can best support you and what you would like to get out of coming to therapy. Any notes kept by me would be anonymised, kept in accordance with GDPR guidelines and would only be used to help me provide you with the best counselling service that I can.
- All of our work including our initial telephone consultation are confidential. The only reason I would have to break this is if I felt you were in danger in any way or if someone else was in danger. Keeping you safe would be my priority in this situation. As a professional counsellor I am a member of the British Association of Counsellors and Psychotherapists. This ethical membership association requires me to meet once a month with an experienced clinical supervisor in order to provide you with the best possible support. I may discuss elements of our work with my supervisor but please be reassured this would always be done anonymously. I will never disclose your name or any identifying details.
- My background and training as a person centred counsellor works on the belief that you are the expert on your feelings. My job is not to give you advice but to use my skills to facilitate a process by which positive changes can take place. I am there to support you and to help you explore the things that are causing distress. We will be working together to develop your self awareness, build your resilience and to find answers, solutions or techniques to best support you.
- In order to keep track of what you need we will have regular reviews of our work together. Review sessions will provide you with an opportunity to discuss how you feel the counselling is going and to give you the opportunity to change direction or focus so that we can continue to work towards supporting you in the best way possible. However, please don't hesitate to bring this up at any time you wish, it doesn't have to be limited to review sessions. My sole purpose in our work is to support you and you may find that what you want to focus on changes from time to time.
- Therapy can sometimes bring up difficult and challenging emotions. Sometimes things might feel worse before they feel better, especially if we are shining a light on difficult emotions that have been buried. I always ask my clients to be mindful of this on the day they have their sessions and encourage them to think about the possibility of scheduling in some self care after our appointments.

Information for New Clients