Baeotus Therapy

Counselling Agreement

About me:

My name is Samantha.

I am a Counsellor, Psychotherapist, Counselling Student Mentor and Supervisor registered with the British Association for Counselling and Psychotherapy (BACP) and The National Counselling and Psychotherapy Society (NCPS) and I work within the 'Ethical Framework for Counsellors', 'Code of Ethics', and the BACP Guidelines for Online Counselling and Psychotherapy. Information relating to both organisations can be found at: www.bacp.co.uk and www.NCPS.com

I work in private practice offering both face to face counselling and online counselling. I have worked with clients across all age ranges, from age 11, up to and beyond retirement, and acquired additional training to offer couples counselling. I have the fullest commitment to offering an impartial service which is welcoming to all backgrounds in a supportive and non-discriminatory manner, with a commitment to avoiding harm and promoting the wellbeing of clients.

What is Counselling?

Counselling provides you with an opportunity to explore any personal difficulty in a confidential, supportive, and non-judgmental environment. Life can throw some really difficult situations at us and when this happens, it can be difficult to stay positive and cope with everyday life. You might have experienced feelings that are unexpected, painful and disorientating, leaving you confused and unsettled. My hope is that by providing a safe environment you have the freedom to explore and work through your thoughts and feelings; to enable you to identify and resolve issues, leaving you more confident, positive and poised to enjoy life.

It is important that all clients attend the service voluntary and informed of the service that we can offer. We will make careful consideration when working with children and young people.

What sort of experiences can I contact you about?

Counselling may be able to help you with a wide range of concerns including, trauma, abuse, anxiety, stress, depression, eating difficulties, loneliness, relationship problems, bereavement or loss, self-esteem, sexual orientation, sexual abuse, discrimination, addiction, feelings, or outbursts of intense anger and many more.

Not all types of issues can be resolved through counselling alone and I will advise you if I believe that another form of support may be needed in addition to the counselling, or a more suitable support structure is recommended for you. Where it is considered that counselling would not be the most suitable means of support, I will make every effort to assist you in a referral to a suitable alternative source of support.

What does the service offer?

We offer individuals face to face sessions (restrictions may apply) or online counselling that could give you the opportunity to access counselling support at a time and in a safe place which is convenient to you. An individual 'walk and talk' therapy session option is also available (restrictions may apply).

We will agree an 'appointment time'. You will (if requested) be sent a text reminder (SMS or Whatsapp) or an email invite on the day for the time that we have agreed upon. I will then meet you at the time agreed either in person at the agreed space or on zoom or whatsapp calling (previously arranged).

Payment

Please send payment 24hrs before the session day and time. If you wish to cancel, please allow 48hrs notice, or full payment will be required. If you have made payment for a session, but are unable to meet at the appointed time, I will retain the fee for the session unless it is due to experiencing an emergency, technological breakdown which prevents us meeting online or my absence. In the event of this occurring, we would discuss how to re-arrange the scheduled appointment. Where a block of four appointments have been purchased these are valid for a period of 3 months. If applicable the services fees are subject to change in line with the beginning of the UK financial year (April). My current fee is £70 per 50 minute session for individuals. Concessions are available for counselling students.

For bank transfer payments please pay using your initials as the reference to: Samantha Cox

Sort code: 040605 account number: 16271666

Or pay by Paypal: http://www.paypal.me/BaeotusTherapy

Cash is also accepted with prior arrangement.

About the way I work

I am an Integrative counsellor *(meaning I work by incorporating several therapeutic theories)* and my aim is to provide, to the best of my ability, a counselling space that will endeavour to create a supportive, non-judgmental environment in which you will be given the opportunity, time and space to explore, understand and gain insight into your unique situation. This process can foster personal growth and lead to positive changes in your mindset and in your life. I will not be in a position to offer you any advice, but I may direct you to different organisations to seek additional support for

specific situations. There may be occasions where I ask questions about what you have said to me, this may be to seek a clearer view of your difficulty or to clarify my understanding of your feelings.

During our sessions there may be moments of silence for you to process your thoughts and feelings and I would invite you to also spend time between sessions reflecting on them. As you start to explore situations and feelings, things may feel as though they are getting worse before they start to feel better, I will be there to support throughout, but it feels an Important thing to note. In couples and family therapy there may be tasks to complete in between session.

If at any time you would prefer to transfer your sessions from 'online' or from 'face to face' (where possible) to the other platform available or change the day and time of your appointments, this would need to be discussed and agreed beforehand.

In the event of a misunderstanding arising for either party, it is advisable that we seek to clarify the cause of a miscommunication and work together to resolve it. As a member of the BACP there is also a complaints procedure that you could also follow via www.bacp.co.uk

Confidentiality and Security

The content of your sessions will not be communicated with any third party except for the purposes of the supervision of our work. All counsellors working ethically use supervision to ensure the best possible outcome for their clients. A supervisor is a more experienced counsellor, and their role is to enable us to explore and identify different ways of working with you and for our professional development. In this instance your identity will not be revealed. This includes inquiries from parent or cares of adolescent clients and the content of the sessions, counsellors will share any communications from a third party with the clients and its content. This would only ever be breached in regard to disclosures were the counsellor believes there is treat of serious risk as stated below.

We have an ethical obligation to disclose to the relevant authorities if a client discloses intending to cause serious harm to themselves or to others. If this is the case, we would hope that the counsellor and the client could discuss these thoughts and report them together to seek additional support for the client.

We are legally bound to make a disclosure to the police and/or other authorities if a client reveals to a counsellor, that they are involved in activities relating to the child protection act, human or drug trafficking, terrorism or if they believe you are at risk of being radicalised.

In addition, if at any point during the counselling you were in need of emergency support, the counsellor may ask for your consent to contact your GP or recommend alternative avenues of support other than counselling. Although all counsellors are First Aid Trained, if a counsellor felt that there was a physical health emergency, they would contact the emergency services via calling 999. This will include requested a welfare check from the authorities if the need arises.

This agreement shall be construed and governed in all respects in accordance with the laws of England and Wales and any dispute or differences in relation to this agreement shall be subject to the exclusive jurisdiction of the English Courts.

All client material is treated in complete confidence and is removed from our computers at the end of our work together. Electronic records are stored on a password protected memory stick and kept in a locked filing cabinet. No identifying names or material is retained on these records as a client ID number is used to replace such information.

We recommend that the online service we use is Microsoft Teams or Whats app calling due to the security and encryption that both platforms use, this helps to ensure that our communication will not be intercepted by a third party. If you choose our counselling service, we will exchange contact details, we will provide further details after you have completed and returned the agreement document, to allow us to have a discussion and plan for sessions.

At the end of our counselling agreement copies of your details will be kept for period of 7 years (or 7 years after the client's 18th birthday) and then destroyed by shredding after this time. We abide by the GDPR regulations imposed and adhere to all procedures. We are registered with ICO (Information Commissioners Office) and adhere to all procedures

For therapeutic reasons, a counsellor will reserve the right not to continue with a session if you are under the influence of alcohol or drugs.

All counsellors will hold a current Advanced DBS check certificate that can be checked upon request.

In the event that your counsellor is incapacitated, a representative who is a qualified counsellor will contact you and advise you of such an event. If such an event were to occur, they will have access to my contact list only, they will not have access to any other client details. They will use your contact details with the strictest confidence and destroy once used. As per our Confidentiality Policy.

It is not permissible to publicise the content of our exchanges or share them with a third party.

Guidelines for Emergency Contact

Our counselling service cannot provide an emergency service for clients.

In the event of an emergency arising for a client while we are engaged in working together or if you were experiencing suicidal thoughts, please see below the appropriate support that you could access during this period.

If you found yourself in a major crisis and were considering serious self-harm it would be vital to get immediate help. This could include contacting your GP, or your nearest accident and emergency service (A & E).

You could also call the Samaritans on 116 123 or email jo@samaritans.org (email emergency support), access CALM (for men) at www.thecalmzone.net/help/get-help/mental-health/ or Shout a text support service on 85258 by texting the word 'SHOUT'. The National Domestic Abuse helpline 08082000247. All personal information disclosed to these agencies will be kept confidential and would not be used for any purposes other than a counselling record.

If you have any questions regarding the content of the agreement, or would like further information, please contact me at: Baeotustherapy@gmail.com or text or telephone: 07771753339

You can also find me on national directories and the social media platforms below as well as my website:
BaeotusTherapy

Directories

Counselling Directory
Therapist Samantha Cox - Aylesbury & Aylesbury - Counselling Directory

BACP Counsellors Directory
Samantha Cox - therapist | BACP

Psychology Today
Samantha Cox, Counsellor, Aylesbury, HP19 | Psychology Today

Registered Counsellors
https://www.registeredcounsellor.com/england/aylesbury/registered-counsellor/samantha-cox

Facebook
https://www.facebook.com/share/1DKyZLptBJ/

Instagram
www.instagram.com/baeotustherapy

Linkedin
www.linkedin.com/in/samantha-cox-543a51137