



H I B E R N I U M
Counselling & Psychotherapy Service OnLine

Information for Counseling and Psychotherapy Participants.

Psychotherapy is a process wherein mental challenges are addressed through communication and establishing a relationship between the client/patient and a qualified psychotherapist. At the Bogucki Psychotherapy Practice, we offer a warm atmosphere and assistance to all our clients. Undertaking therapy is a significant step toward self-awareness and a more fulfilling life. This document aims to address your queries.

Initial Consultation

The initial step upon requesting therapy is an online/remote consultation, discussing reasons for seeking therapy and evaluating our assistance. Please arrive punctually as sessions last 50 minutes (but not exceeding one hour), ending promptly. Early arrival might coincide with ongoing sessions. Accompanying individuals are requested to wait outside to maintain client privacy.

Note: Due to restrictions, therapy sessions might be held remotely—consult with your psychotherapist for current recommendations.

Price List

- Initial consultation: Free we are not charged for initial assessment.
- Individual psychotherapy: since 1st March 2024 is a €70.00 per person per session

WWW.HIBERNIUMTHERAPY.COM

mobile: 00353 899 55 100 3 email: hiberniumtherapy@gmail.com

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- Payment in advance is required due to frequent cancellations. Payment must be made at least 24 hours before the appointment's start.

For individuals facing financial difficulties, a 50% treatment discount is available based on specific criteria, with the price not lower than €30.00 per session.

Initial Evaluation Form

You'll receive an evaluation form before or during your first meeting. Please complete it accurately and bring it to your next appointment or send it via email. This form aids the therapist in understanding your concerns and determining the best approach.

Waiting Time

After the initial consultation, you'll be placed on the waiting list for regular, weekly therapy meetings, starting promptly upon availability. Notify us immediately of any contact detail changes or if you need to cancel therapy.

Therapeutic Sessions

Sessions occur regularly on an agreed day and time, lasting 50 minutes unless otherwise arranged with your therapist.

Appointment Cancellation

If you're unable to attend, please notify the therapist at least 48 hours in advance; otherwise, the full session amount will be charged. Two consecutive unexplained absences might lead to the formal closure of the therapy process.

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Duration of Therapy

The duration varies based on individual factors and commitment to therapy. Family support, self-awareness, and other elements influence the process.

Principle of Confidentiality

Client information, discussions, and the therapeutic process adhere to strict confidentiality. Exceptions apply in specific cases such as court orders, child abuse, or imminent threat to life/health.

Storage and Protection of Personal Data

Your personal data is stored securely and confidentially by Hibernium Therapy according to GDPR regulations, with a retention period related obligations for the profession.

Code of Conduct

Our therapists (counsellor and psychotherapist) adhere to the ethical code of the Irish Association for Counseling and Psychotherapy (IACP), respecting privacy, autonomy, and continuous professional improvement.

Supervision

Therapists undergo regular professional supervision, ensuring effective client support without disclosing personal data.

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Contact Outside Therapy

Limit contact between sessions unless agreed upon with your therapist to maintain confidentiality and professional boundaries.

For any queries or concerns regarding therapy, feel free to directly contact your therapist. By accepting therapy, you confirm acceptance of the aforementioned principles.

This revision aims to present the information more clearly and succinctly, ensuring participants understand the procedures and guidelines for therapy at the Hibernium Therapy

Last revision and updates January 2024

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