



BIRTH THOUGHTS

**Please complete the client information form on page 2
and the appropriate agreement form:**

either pages 3-4:

***Birth Reflection Debrief Agreement
and Client Disclaimer***

or pages 5-7:

***Birth Trauma Resolution (BTR) –
Therapy Agreement and
Client Disclaimer***



BIRTH THOUGHTS

BTR Client Information Form

Name:
Address:
D.O.B.:
Marital Status:
Children (Number, Age(s)):
Mobile:
Home Tel:
Email:

Birth Reflection Debrief Agreement And Client Disclaimer



BIRTH THOUGHTS

Session Details

The birth reflection session is a one-off session and lasting 1-1,5 hours.

The session is an opportunity to be heard and for your questions to be answered impartially. It provides the opportunity to talk, to share feelings and to reflect on the individual birth experience. It can help to obtain a greater understanding of events, why possible intervention was necessary and to discuss any possible implications for future pregnancy/birth.

What birth reflection is not

It's important that I manage your expectation: a birth reflection (also called birth debrief) is not counselling or therapy. A debrief cannot guarantee you complete healing or provide a medical diagnosis. It may, however, be all that you need. It can also work well alongside talking and other types of therapy, if required.

Fees

My standard fee for BTR therapy is £55 per session. Payment should be made on the day of each session, either in cash or by electronic transfer (BACs details available upon request).

Cancellation policy

In agreeing to take you on as a client, I make a commitment to make an appointment time available to you. A session fee is payable whether you attend the appointment or not.

If you do need to change an appointment time, please notify me at least 48 hours in advance by text to 07709 241981 or email to nora@birththoughts.co.uk I will similarly give you as much notice as possible regarding cancellation (e.g. during holidays or sickness).

Confidentiality & ethics

All sessions are private and confidential. I will not talk to anyone about our work without your express permission. There are only two exceptions to this: i) where I consider a client to be at risk of harming themselves and/or others, and ii) for the purposes of professional supervision, which as an ethical practitioner I have an obligation to attend. In the rare instance where I consider that there is a significant risk to you or to someone else, I will endeavour to inform you of this intention before I take such action.

Your records

I may make notes of the session and keep paper records. All records with identifying information are kept in a locked filing cabinet in a secure place. I am required to keep any records and notes for a period of five years before disposing of them.



BIRTH THOUGHTS

After the session

Following our first session you may feel this session was just what you needed to find clarity and answers. Equally you may feel that you would like another session, or to return with a family member who could benefit from such a session. You are very welcome to do this, and we will then arrange a new appointment. You may also feel that you could benefit from a BTR therapy which we can discuss following the birth reflection session.

I understand and agree to the terms and conditions of the agreement set out above.

Name: _____

Signed: _____ Date: _____

Counter Signature

Nam: Nora Seager-Wilkendorf

Signed: _____ Date: _____

Certified Birth Trauma Resolution Practitioner

Email: nora@birththoughts.co.uk

Mobile: 07709 241981 (answerphone, text and whatsapp)



BIRTH THOUGHTS

Birth Trauma Resolution (BTR) – Therapy Agreement and Client Disclaimer

Our first meeting

In our initial one to one meeting I will listen to your unique event, with the aim of gathering sufficient understanding of your current situation to be able make suitable recommendations as to the kind of therapeutic interventions likely to be of most value to you. I will listen to your unique experience and, if treatment may be helpful, I will then build a personal treatment plan for you.

Please be aware that BTR is not the same as counselling; BTR practitioners are midwives (or other clinical practitioners) who have undergone specialist training to deliver BTR therapy, which specifically provides support for women, Birthing people, partners or anyone who has experienced birth trauma. Please be aware that if you have experienced a trauma unrelated to your pregnancy or birth, have a mental health condition, or are experiencing more complex issues and/or currently undergoing other therapy, then we will discuss this, and I may not be possible to offer you a service. Wherever possible I will accommodate your wishes and needs, however on occasions it may not be ethical for me to offer you a BTR service, in which case I will explain why and suggest alternatives.

Session Details

Therapy is a collaborative process. I will encourage you to actively participate in the changes you wish to bring about in your life and become the observer of your own process. Therapy requires a trusting relationship and there are some ground rules that need to be respected, including keeping to the agreement set out here.

Usually treatment requires about 3-4 sessions but again this can be flexible and will be adapted to your individual needs. Each BTR appointment lasts 1 hours and I ask that you make payment at the start or in advance of each session. I will schedule our sessions to occur at the same time each week, however occasionally it may be necessary to make other arrangements. In the course of the sessions we will regularly discuss how the therapy is working for you. Please note if you arrive late to a session, you will still need to pay for the whole session, and we will also still need to finish on time as I may have other clients booked in for appointments.

Fees

My standard fee for BTR therapy is £45 per session. Payment should be made on the day of each session, either in cash or by electronic transfer (BACs details available upon request).



BIRTH THOUGHTS

Cancelation policy

In agreeing to take you on as a client, I make a commitment to make a regular appointment time available to you. For our work to be effective, I ask that you make a similar commitment by engaging with therapy and attending each session that we have contracted for. A session fee is payable whether you attend the appointment or not.

If you do need to change an appointment time, please notify me at least 48 hours in advance by text to 07709 241981 or email to nora@birththoughts.co.uk I will similarly give you as much notice as possible regarding any breaks in therapy (e.g. during holidays or sickness).

Confidentiality & ethics

All sessions are private and confidential. I will not talk to anyone about our work without your express permission. There are only two exceptions to this: i) where I consider a client to be at risk of harming themselves and/or others, and ii) for the purposes of professional supervision, which as an ethical practitioner I have an obligation to attend. In the rare instance where I consider that there is a significant risk to you or to someone else, I will endeavour to inform you of this intention before I take such action.

Your records

I will make notes of each session and keep paper records of our work together. All records with identifying information are kept in a locked filing cabinet in a secure place. I am required to keep any records and therapy notes for a period of five years before disposing of them.

Ending Therapy

We will negotiate how long we will work together. You are free to leave therapy at any time however I would ask that you notify me if that is something you're considering.

I understand and agree to the terms and conditions of the agreement set out above.

Name: _____

Signed: _____ Date: _____



BIRTH THOUGHTS

Counter Signature

Nam: Nora Seager-Wilkendorf

Signed: _____

Date: _____

Certified Birth Trauma Resolution Practitioner

Email: nora@birththoughts.co.uk

Mobile: 07709 241981 (answerphone, text and whatsapp)