

FAQ

CHEERFULMINDS.CO.UK

WHAT ARE YOUR FEES?

charge a standard hourly fee on each session. Fees for psychological therapy vary depending upon the type of therapy provided e.g. individual couple family. Payments can be made in cash, bank transfer or cheque on the day of consultation. I also provide a limited number of reduced rate therapy slots. This offer depends on availability.



CAN I BOOK AN ASSESSMENT SESSION TO SEE IF I WANT TO CONTINUE?

You are more than welcome to arrange an assessment session to briefly explore your therapeutic needs.



HOW LONG IS A THERAPY SESSION?

Normally a therapy session last for 1 hour. Extended sessions can be arranged in advance at an extra charge.



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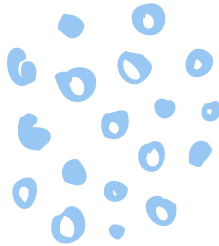
HOW MANY THERAPY SESSIONS WILL I NEED?

This is negotiated individually & depend upon your circumstances & requirements. By beginning of therapy we will agree upon a therapeutic 'contract' with a number of sessions that suit your individual needs. By the end of contract we will review the therapeutic process & discuss where therapy is heading & if it you are finding therapy useful. Additional courses of therapy can be arranged to suit your needs & requirements.



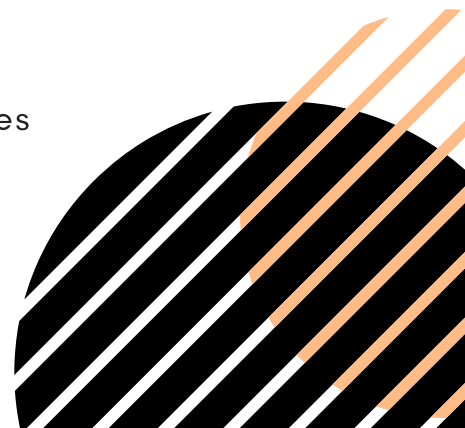
WHAT SHOULD I DO IF I AM UNABLE TO ATTEND A BOOKED THERAPY APPOINTMENT?

I kindly ask you to notify me A.S.A.P. Please give me at least 24 hours notice or you will be charged the full hourly rate.



PLEASE NOTE:

allowances will be made for extenuating circumstances due to illness or unforeseen circumstances.



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WHAT ABOUT CONFIDENTIALITY?

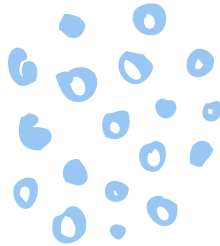
I am bound by ethical frameworks for best practice professional conduct & research laid down by The British psychological society (BPS) & British association for counselling and psychotherapy (BACP). Everything that happens within therapy sessions is strictly confidential.

If I am concerned over your or any other person's safety I am responsible to inform your GP or relevant services.



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LINKS:

- Directory of Chartered Psychologist - British Psychological Society (BPS)
- Transpersonal Psychology Section
- British Association for Counselling & Psychotherapy
- Division of Counselling Psychology
- Person-centred/existential counselling & psychotherapy

