



Jane Fraser

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UKCP Registered



**Registered Member
BACP (Accred.)**



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therapy.

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therapy.

Awareness.
Insight. Clarity.
Change

psychotherapy &
counseling for
individuals & groups.

Therapy Terms and Conditions

Confidentiality

Confidentiality is an essential in therapy. During the therapeutic process clients are encouraged to be open and honest and in doing so sensitive and personal experiences will be shared. Knowing that the work is confidential helps to support and encourage the client in their sharing. The only circumstances where the confidentiality might be broken are where both client and therapist agree to discuss something with a third party or if the therapist is compelled by a court of law or if there is a serious risk of harm to self or other. I am in on-going supervision where I discuss how I work. My supervision is confidential.

Session Time

Each therapy session is for 50 minutes.

Payment

Payment is normally made at each session, or paid in advance for a set number of sessions. I accept Cheque, cash, BACS or card.

2-Day Cancellation and missed session policy.

If you are unable to attend your appointment please let me know as soon as possible.

The required notice for cancellation is **2-days**. Where there is less notice of cancellation or if you do not attend your appointment you may be charged the full fee. I will give you as much advance notice as possible in terms of holidays or if I needing to cancel any of our appointments.

Alcohol and affect altering drugs.

Please avoid taking affect altering drugs or alcohol before a session. If you arrive in what I believe to be an altered state that makes you psychologically unavailable the session will not take place and I will charge you for the time.

Length of Therapy

The length of an individual's time in therapy is varied and unique to the individual and what they want from therapy. We may agree that we meet for a specific length of time or the work may be open-ended. What you want from therapy may suite brief therapy or longer term support. We will discuss this at the beginning and review during our work.

Finishing Therapy

When either of us thinks it is time to bring the therapy to an end, we will discuss this together and decide if and how to do that and find a way of having a good ending.

Code of ethics

I am a member of two regulatory bodies, UKCP and BACP. As such I am bound by both organisations' code of ethics.

Buddy System.

If I have to cancel or re-arrange an appointment and I am not able to contact you personally, my colleague Mary Hemming will let you know. Mary will have details of your name and telephone number but no other details.



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