



Client Intake

PERSONAL DETAILS

Name _____

Address _____

_____ *Postcode* _____

PREFERRED CONTACT DETAILS

Telephone *Work* _____ *Mobile* _____

E-mail _____

Skype _____

MY APPROACH

Counselling/Psychotherapy - helping people understand, manage or change repeating or intense emotions or patterns of thinking or behaving.

I work with an experiential constructivist approach – all the experiences people have are a product of their current patterns of behaviour, their unique life events and the meaning that has been given to particular incidents in the past. Often the meaning making process has been automatic and unconscious and so the aim of therapy is to discover, accept and choose new responses. By focusing on individual strengths we build patterns that are a better and more enjoyable way to manage emotions, thoughts and behaviour.

I use tools chosen to meet the wants and needs of each client. My talents are in applying Neuro-Linguistic Psychotherapy, Positive Psychology / Psychotherapy, and Hypnosis.

PRESENTING ISSUE

What exactly would you like to change?

When did you first notice the problem?

What has caused this to be a problem for you?



YOUR STRATEGIES

What have you done so far to help solve the problem?

Have you seen your GP about this issue?

Have you ever tried harming yourself or others?

Are you taking any medication? (What and how much?)

How would you describe your general attitude and mindset?

DESIRED OUTCOME

What do you want instead of the current situation?

How will you know when you have achieved the change you want?

How do you think I can help you?

How long do you think it will take?

PRIVATE CLIENT FEES

I work with Adults, Children and Young People

_____ **Short Term Psychotherapy** – between 1 and 6 sessions. £75 per hour

_____ **Longer Term Psychotherapy** – over 6 sessions. £50 per hour

Fees are payable at the end of each session or invoiced monthly.



LOCATION AND TIMES

_____ At my practice
14 Sunnyside, Kendal

_____ Phone / Skype /
Face time

_____ At your venue (travel
expenses charged at
45p/mile or equivalent)

Appointments are booked at mutually convenient times. As I also undertake corporate consultancy and deliver training courses availability can vary week to week.

On rare occasions we may need to reschedule your appointment. 24-hour cancellation is required to reschedule any session without charge.

CONTRACTUAL DETAILS

Outcome Focus

We will work towards your outcomes each time we meet and review progress regularly.

Initial session

The initial session will include introductions and assessment of the area(s) to be addressed. If it is not appropriate for us to contract together I can suggest an alternative coach or therapist, should that be required.

Professional

I am UKCP Registered Psychotherapist (Reg. No 2010161350), Accredited Supervisor and have a PG Diploma in Neuro-Linguistic Psychotherapy and Certificate in Child and Adolescent Studies and Therapeutic Skills. I am also a member of the Neuro-Linguistic Psychotherapy and Counselling Association and INLPTA Registered NLP Trainer. I am bound by the UKCP, NLPTCA and INLPTA codes of ethics and conduct.



Integrated support

If you are receiving care from any agency (GP, hospital, psychiatrist, CPN), appropriate permission must be agreed before the sessions can commence.

Supervision

To maintain professional standards and to ensure I offer clients the best possible service I discuss cases anonymously during formal supervision.

Confidentially

The power of the relationship is based on honest, direct and personal conversations. All information disclosed is confidential with the exception of where I believe the client or another is a danger to self or others, where minors (under 18) are involved or if disclosure is ordered by a judge, coroner or other official having such power.

I may make written notes during the session; these will be kept securely.

CLIENT AGREEMENT

"I understand the power to change is in my hands."

Signed _____

Date _____