

Client Intake

PERSONAL DETAILS

Name _____

Address _____

_____ *Postcode* _____

PREFERRED CONTACT DETAILS – IN CASE I NEED TO GET IN TOUCH WITH YOU

Telephone *Work* _____ *Mobile* _____

E-mail _____

Skype _____

MY APPROACH

I work within an experiential constructivist model of personality and focus on how your current thoughts, feelings and actions are shaping your life. Your personal and family history, your habits or patterns of behaviour, and the meaning taken from particular events in the past have all contributed to you holding your own map or model of the way things are in the world. **Your personal “model of the world” has shaped your life experiences.**

Through our work together you will be able to understand a little more about how you have given meaning to events and built your “model of the world.” I will pay close attention to the words and body language you use to communicate thoughts and feelings. Though our work together, we can reveal what has been hidden so that you have the opportunity to better understand the influence of past

thoughts and emotions on current events.

What would you like to be different?



GOALS
DESIRES



EMOTIONS
FEELINGS



THINKING
SELF TALK



BELIEFS
VALUES



BEHAVIOUR
HABITS

If you choose, you will have the opportunity to update your “model of the world” and build more resourceful patterns based on your individual strengths.

I am compassionate and listen carefully to understand conscious desires and automatic and unconscious processes. My training and experience is based in Neuro-Linguistic Psychotherapy, and I can also use Hypnosis and Positive Psychotherapy approaches to assist you to meet your needs and desired outcomes.



PRESENTING ISSUE

What exactly would you like to change?

When/where did you first notice this was a problem for you?

How would you describe your general attitude and mindset?

Have you seen your GP about this issue?

Have you ever tried harming yourself or others?

Are you taking any medication relevant to this issue? (What and how much?)

DESIRED OUTCOME

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

What do you want instead of the current situation?

How long do you think it will take?

Who can support you to make the change you want to make?

LOCATION AND TIMES

In-person, outdoors

Outdoor 'walk and talk' or 'sit and chat' sessions based near Kendal

Remote, online

via Phone / Skype / Face time / Zoom / Teams

At your venue

travel expenses charged at 45p/mile or equivalent)

Appointments are booked at mutually convenient times. We can book a single session or a set of sessions in advance – whatever would suit your diary better.

24-hour cancellation is required to reschedule any session without charge.

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.



PRIVATE CLIENT FEES

- _____ One-off single session of therapy – £75 (approx. 1.5 hours)
- _____ Individual Psychotherapy / Coaching Sessions – £60 (approx. 1 hour)
- _____ Couples counselling session – £75 (approx. 1.5 hours)

Concessionary rates for elite athletes as agreed.

Fees are payable online following each session or can be invoiced in advance.

CONTRACTUAL DETAILS

Outcome Focus

We will work towards your outcomes each time we meet and review progress regularly. If it is not appropriate for us to work together I can suggest an alternative coach or therapist, should that be required.

Professional

I am UKCP Registered Psychotherapist and Supervisor (Reg. No 2010161350) and have a Postgraduate Diploma in Neuro-Linguistic Psychotherapy and Certificate in Child and Adolescent Studies and Therapeutic Skills. I am an accredited member of the Neuro-Linguistic Psychotherapy and Counselling Association and the Association for Coaching. I am bound by the UKCP, NLPtCA and AfC codes of ethics and conduct.



Integrated support

If you are receiving care from any agency (GP, hospital, psychiatrist, CPN) please let them know you are seeing me. 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 you (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 _____