

# Client Intake

## PERSONAL DETAILS

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_ *Postcode* \_\_\_\_\_

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

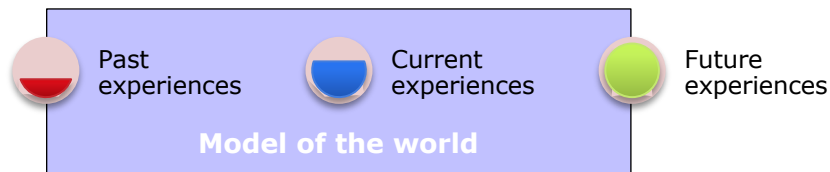
**Telephone** *Work* \_\_\_\_\_ *Mobile* \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Skype** \_\_\_\_\_

## MY APPROACH

I work within an experiential constructivist model of personality - the 'reality' you have experienced has led you to construct your own map or model of the way things are in the world. It is your "model of the world" that shapes the life you have had; your current thoughts, feelings and actions; and your hopes, needs and wishes for the future.



Through our work together you will be able to understand your "model of the world" a little more. You will be able to update your "model of the world" in order to discover solutions to problems and enjoy new experiences of being alive in your work, interests, sports and relationships.

I am compassionate and will listen carefully to your words, body language, conscious choices and automatic and unconscious processes. We will begin with exploring the relevant parts of your personal and family history. We will look at habits or patterns of behaviour and your here and now feelings, thoughts and actions, as well as past decisions and the meaning taken from particular life events. By revealing what has been hidden you can discover, accept and choose new feelings, thoughts and responses. I help people to look back with wisdom so they can better understand the influence of previous thoughts and emotions.

By focusing on your strengths you can find solutions and build patterns that provide a better and more enjoyable set of feelings, thoughts and behaviours. New strategies bring new options. Your self-awareness, self-efficacy, and self-esteem can increase and provide you with greater personal freedom and choices.



## PRESENTING ISSUE

**What exactly would you like to change?**

**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 do you want instead of the current situation?**

How long do you think it will take?

## PRIVATE CLIENT FEES

\_\_\_\_\_ Single session – £75 (approx. 1.5 hours)

\_\_\_\_\_ Individual Psychotherapy / Coaching Sessions – £60 (approx. 1 hour)

Concessionary rates for elite athletes as agreed.

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

## 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.



## 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 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 an 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) 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 \_\_\_\_\_