Katrina Caslake RM (BSc)
Counsellor Children and Young People

T: 01553-827476
M: 07824 641422
E: katrina@katrinacaslakecounselling.co.uk

Your Counselling Contract with Katrina Caslake

- I am a Member of the British Association for Counselling & Psychotherapy (BACP)
- Public liability Insurance is provided by Oxygen Professional Liability Insurance.
- I am registered with the Information Commissioners Office for handling information in accordance with the Data Protection Act 2018.
- I work within the BACP ethical framework & best practice guidelines
- DBS documents can be provided on request.

Confidentiality:

In accordance with BACP, ethical frameworks and best practice guidelines, everything you say in counselling sessions remains between you and I, except:

- Where you give consent for the confidentiality to be broken
- If you inform me that you have evidence of current child abuse
- If you indicate a serious and imminent intention to harm yourself or others
- If you are involved in or know of any terrorist activities
- If you are involved in or know of any drug trafficking or money laundering
- Where I have received a Court Order to appear and give evidence

As a Counsellor, my work is subject to clinical supervision. To ensure good practice, I will discuss the counselling work on an anonymous basis, to preserve confidentiality, with my supervisor (details will be provided on request). To ensure good practice, I will discuss the counselling work on an anonymous basis to preserve confidentiality.

I may make brief counselling notes of the sessions as an 'aide memoir' and these handwritten records will be kept securely for as long as is necessary.

Appointments & cancellations:

A Counselling session will last for 50 minutes, and you are expected to arrive in time to start your appointment at the agreed time. Counselling sessions are arranged at regular weekly intervals, unless agreed otherwise in advance, and can continue until you bring them to a close with two weeks' notice (see
also 'Endings' below). If for any reason you are unable to attend your appointment you will be charged for the session unless I have been given 24 hours' notice by email (katrina@katrinacaslakecounselling.co.uk) or phone/text (07824641422).

What happens in counselling?

In counselling you can talk to me about your worries, thoughts, feelings, difficulties. This can help you understand yourself and other people more and learn to be more aware about different ways of coping with difficult situations. You can also express how you think, feel, behave, talk about your problems by using/playing with different mediums.

Endings:

When you want to stop coming to counselling sessions it is important to let me know and to attend a final session.

Consent:

I ..... (print name) understand all of the above and agree to start counselling.
(Child or Young Persons signature) .....
I.....(print name) understand all of the above and agree counselling can start.
(Parent/Carers signature).....

I .....(Counsellor's signature) agree to all of the above when providing counselling.
Dated .....