

Frequently asked questions about therapy

1 What is psychological therapy?

A psychological therapist aims to help individuals who feel stuck in their lives to gain a clearer insight into their difficulties or distress. Psychological therapy is often a deeply personal encounter through which both the therapist and the individual attempt to develop a shared understanding of thoughts, feelings, actions and motives that are contributing to the current difficulties. For many, the cause of their distress seems unclear, although there is often the recognition that old patterns of behaviour and relating are central to the current struggles. These patterns and ways of relating, however, usually develop outside of awareness and are therefore not easily accessible. Psychotherapy endeavours to bring into awareness those patterns and ways of relating, sometimes through further exploration of early experiences and the meaning attached to them, but also by working directly with them as they arise in the therapeutic relationship.

2 I am unsure if psychological therapy is for me?

It is natural to feel unsure about this, especially if you have not experienced therapy before. Your first session will be an opportunity for you to tell your therapist something about what is concerning you, and it will give you a chance to ask any questions about therapy. I will do everything I can to help you will feel safe and comfortable talking to me, and hopefully you will find that you will feel more at ease by the end of the session. However, there will be no obligation for you to book any further appointments.

3 How long is the session, and how many will I need?

Appointments are usually for one hour. However, it may be necessary to utilise up to one and a half hours for an assessment session or if you require an interpreter. Some people find that they achieve what they want from therapy within 8 to 12 sessions. Others choose to meet for longer, and to work at a deeper level. This will be agreed following the assessment.

4 Will I need a session every week?

It is often a good idea to have a meeting once a week to begin with, to get the most benefit from therapy. After that, it is possible to agree a frequency of meetings that seems right for you.

5 What will the charge be?

I will discuss the fees before any therapy work is agreed. However, for guidance:

- Self-funded one to one therapy is £65 per one hour session.
- The charge for organisations varies from £75 to £100 per hour.
- I am registered with BUPA, AXA, PPP and AVIVA.
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here will I be seen?

Based in Leamington Spa, I work in and around Warwickshire.

7 Will the sessions be confidential?

The therapy you have will be confidential and I will discuss this with you in the first assessment session. I will not disclose any information about you without your permission, other than in exceptional situations where risk issues are involved. I am registered as a practitioner with the Information Commissioner's Office, as required by the Data Protection Act 1998. I am a Chartered Clinical psychologist and work within the professional codes of conduct and ethical guidelines of the British Psychological Society. I engage in on-going training and professional development, including clinical supervision to ensure I maintain competence and safe therapeutic work. I am careful to only carry out work I am qualified to do.