

Horse Enhanced Psychotherapy and Learning (HELP) at Top Farm

WORKING CONTRACT THERAPY

Our Service

We offer Equine Facilitated Psychotherapy and Outdoor therapies.

1. At the start of the counselling, I will explore with you what your current situation is and what you want to achieve. I will commit to helping you in reaching these goals. These goals are of course changeable, and we can revisit them anytime you want to. I will regularly review the goals to ensure I am always working in a way that is suitable for you.
2. I am trained as an integrative counsellor. This means I draw on a range of models and theories. I will always work in a way that you find most effective, not in the way I prefer.
3. If I feel I am not suitably qualified to work with you, or there are issues arising for me (as discussed in supervision), I will discuss with you how to refer you on to a suitable service.
4. There are many benefits, as well as risks, associated with counselling. You may experience uncomfortable feelings such as sadness, guilt, anxiety, anger, frustration. Counselling may bring up painful memories or disrupt a relationship. These changes are to be expected when an individual is making important changes in his or her life. The benefits of counselling have been demonstrated in hundreds of well-designed research studies. Client's relationships, communication skills, and coping skills may improve significantly. With the insight that counselling can provide, clients often grow in many ways.
5. I am an Accredited Registrant member of the National Counselling Society (NCS) which is an Accredited Register that has been accredited by the Professional Standards Authority. My membership no. is NCS19 – 07887 and I adhere to their code of ethics; <https://www.nationalcounsellingsociety.org/about-us/code-of-ethics/>. I am also registered with the British Association for Counselling and Psychotherapy (BACP).
6. Should you wish to complain about the service you receive, you can find all the information you need here; <https://www.nationalcounsellingsociety.org/have-a-concern>, or at the BACP website.
7. I will work with you for as long as you feel you are achieving your goals.
8. Session rates and times are to be agreed at the initial consultation. By attending you agree to pay the amount agreed prior to the next session. I operate a standard 48-hour cancellation policy.

Social media

In order to protect your confidentiality, I restrict the contact I have through social media.

1. We have a HELP at Top Farm Facebook page and I also have a KAS Counselling Facebook page, Linked In profile and Twitter account. These are public and you are welcome to follow and interact with them. I will never make public any information about clients or cases on these platforms.
2. My personal social media accounts are not available to be viewed.
3. I will not accept any friend requests from clients, or connect with clients via any social media. In line with the NCS Ethical Framework this includes past clients.
4. Facebook will sometimes show profiles of people I may want to connect to. If one of these is a past or current client, the profile will be blocked to ensure privacy.

Your commitment

Counselling works best when there is a strong relationship between the client(s) and the therapist.

1. You will agree to attend each session at the agreed time. In order to protect all clients' anonymity, please do not attend early to avoid seeing other clients.
2. You will pay the agreed amount for the session before or during each session. You can pay by cash or bank transfer. My bank details are; a/c: 10607206 and s/c: 090129 – please use your name as reference.
3. You will provide at least 48 hours' notice if sessions need to be changed. If you do not attend a session or cancel within 48 hours, I reserve the right to take payment for the session.
4. You will not contact me regarding your case between sessions, other than to rearrange session dates.

Please sign below to confirm that you agree to the terms set out above.

Name:..... Date:.....

Signature:.....

