

Ralph Williamson

Psychodynamic Counsellor and Psychotherapist

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Contract and Information - Please read carefully and keep this information

Confidentiality

All sessions are conducted in confidence. The only circumstances in which this will not apply are if your safety or the safety of another person is involved (including safeguarding issues which must be reported), and if I speak to my supervisor about our work together. I have regular supervision to ensure that our work is safe and effective. This is a professional requirement, and personal details are kept to a minimum.

Making the Most of Each Session

It is important for the continuity and depth of this work that we meet weekly wherever possible. To get the greatest benefit from counselling and psychotherapy, it is helpful to use the time between sessions to reflect on what has been discussed, to try out new ways of thinking and acting, and to record your feelings and thoughts. It may be helpful to keep a notebook to write down the things you think of and experience, including dreams and things which trouble or surprise you, which you can bring to the next session.

If you are feeling uncomfortable during or after a session it is very important that you let me know about this, so that it can be discussed carefully. The opportunity to discuss why something feels difficult can be invaluable, so please share your feelings with me even if they are negative.

Online

If we are working online, please prepare as much as you can in advance. A computer or tablet is more comfortable to use than a phone, and please ensure that you have a place to speak from which is private, and which feels safe for you, where there is also good internet access.

Breaks

I will not normally work in the week after Christmas and the week after Easter. I will try to let you know about other breaks as far ahead as possible. If you would like to take a two week break at any point in the summer, this will not be charged. Breaks at other times in the year will be charged as normal.

Cancelled and Missed Sessions

If you discover that you cannot make a session as arranged please let me know as soon as possible and I will endeavour to offer an alternative. If this is not possible, or if a session is simply missed, I will need to charge for the missed session.

Emergencies

You have my telephone number and if you need to call me in an emergency, you can. This is not often necessary but if it is at some point then I will do my best to answer or to call you back as soon as possible.

Out of Session Contact

It is important that the relationship between a counsellor or therapist and clients is professional, and this means that social contact outside of sessions is unhelpful. I will aim to support you through our sessions and hold you in mind at all times.

Ending

When you feel ready to finish your counselling please let me know, so that we can plan the ending in a helpful way. If counselling has been taking place over a longer period, this may take several sessions.

Fees and Payment

Fees: For individual therapy - £90 for 50 minutes.
For couples counselling - £120 for 50 minutes.

I will send you an invoice by email at the end of the month. Payment within seven days will be appreciated.

Ralph Williamson Therapy 2025