

Ralph Williamson

Psychodynamic Counsellor and Psychotherapist

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Important 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

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 during the week, 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 either when it is happening or at the next session, so that it can be discussed carefully. Counsellors can sometimes say or do things which are experienced as unhelpful, but the opportunity to discuss why this in particular feels difficult can be invaluable, so please share your feelings with me even if they are negative.

Breaks

I will normally take a week off after Christmas, and another at Easter, and two weeks break in the summer. If you wish to take breaks around these times but the weeks do not coincide with my own holiday, those sessions will not be charged, but breaks at other times in the year will be charged as normal. I am happy to arrange an online meeting if this avoids missing a session.

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. If we accidentally meet and this feels difficult, please talk to me about this.

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: £80 for 50 minutes.

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

RJ Williamson - Acct. No. 73448966 Sort Code: 50-42-37