



Contract for Counselling with Atlanta Rayner

Confidentiality:

The content of all sessions is confidential to you and me. I discuss my work with my supervisor or peer supervision group to ensure that I am working as effectively as possible. I will not knowingly give any identifying details about you. If at any time, you disclose to me that you are seriously thinking of endangering your life or anyone else's, or that you have knowledge of a child's safety or life that is at risk, I may need to break confidentiality- I will discuss this with you and hopefully the outcome will be that you are able to take preventive action. If it is evident that you are unable to and I consider there remains a serious risk. I will then inform the appropriate person organisation. Very occasionally one or other of us may consider it helpful if selected information about you is shared with other professional, such as a doctor or complementary health practitioner. This will only occur after discussion together and with your full agreement about when and what will be shared.

The work of counselling:

Sessions last for one hour and weekly we will find a time to meet that is mutually convenient and which can then become your regular appointment. At the beginning of our work together we will identify what issues you have brought with you, and what you would want to get out of counselling. The duration of the counselling will be determined by what unfolds through the process of the work. It is only through the counselling process that you may come to understand more fully the underlying causes. The experience of being held, feeling safe and earning to trust can be as healing and restoring specific issues. There may be times in between sessions when he feels distressed or despairing as you deal with painful issues. What can sometimes happen at this stage is that clients might consider finishing prematurely in order to avoid feeling upset. However, if they are able to bring the distress to the next session, this is often when significant progress is made. Working towards the ending and completion it is important part of the therapeutic process, as is the beginning and the middle. The work will stop when either of us feels you are moving towards being ready to finish, we will discuss what this means and for you, and how when the work is likely to end. You will need to give me a minimum of two sessions notice, which will involve agreeing on an end date.

Fees:

The initial consultation is for both parties to explore if there is a good therapeutic fit before undertaking ongoing work together. It is also policy once a session has been delivered a refund is not possible. Each hour is £90 pounds per session payable either cash or bank transfer prior or before the session commences.

(Atlanta Rayner, LLOYDS BANK, account number 12243560 and sort code 30-95-75)

If the fee will prohibit you from attending, please ask me about the possibility of negotiating a lower fee.

In relation to forest bathing individual and the family group fee is £70 per hour and £110 pounds for an hour and a half. For bigger group work it's by prior arrangement the costing.

For well-being workshops please refer to www.empoweredself.co.uk

For free resource for miscarriage, still birth, infertility or pregnancy related issues www.maternitystoriesheal.com and virtual 40mins Shinrin Yoku- forest bathing video on request.

Cancellations:

If you're unable to keep your appointment give me less than 48- hour notice, you will be liable to pay the full fees and unless were able to find an alternative appointment for that week with advanced notice, likewise in the event of me not being able to keep an appointment with you, I will let you know as far in advance as possible will offer you an alternative time.

All counselling work adheres to BACP Ethical Framework for Counselling Professions and COSRT code of Ethics and Practice and is appropriately supervised. Either of these organisations would help you to make a complaint against me if you felt I had been unprofessional in any way. However, if you are unhappy about any aspect of the service provided I hope you would be able to speak to me about this first. You can contact BACP via their website www.bacp.co.uk or call them on 01455883300 to view their code of ethics and my entry on their Therapist Directory. I am also a member of COSRT, you can contact them on 0208 106 9635 or email them at infor@cosrt.org.uk. Information about their complaints process can be found here; <https://www.cosrt.org.uk>. Information about their complaints process can be found here; <https://www.cosrt.org.uk/professional-standards/conduct-and-complaints/>. You can search my search my entry via their Find a Therapist portal.

The work to which this agreement relates is subject to UK law. In this regard if there is any reason why you think it may not be possible for me to work with you or any other matter at the is time such as being on the UK sanctions list or coming from a sanction listed country, you must inform me as soon as possible. This may impact on whether we are able to work together.

I have a professional executor who would contact you if I were severely incapacitated and unable to work; she would offer information and support should it be required. Her name is Laura Cahoon (07811431235)

Meeting outside the therapy room:

For therapeutic reason's it is we will keep our relationship professional. However, if we do accidentally meet outside the therapy room, I will discuss how you would like to be acknowledged.

Contacting me:

Telephone me on 07970608906. If I'm not available, please leave a message and I will call you back as soon as possible. Please do not text or email me as I may not pick up your messages for some days and unless it's emergency, I prefer not to be contacted on Saturday and Sunday as I do not work at weekends.

Agreement-

My signature below indicates I have read, understand and agree with the terms and conditions as set out in this document.

I subscribe to BACP Ethical Framework for the Counselling Professions

I subscribe to COSRT Code of Ethics and Practice

I give permission for Atlanta Rayner to contact the appropriate professional body if she believes I/we could be causing her serious concern, and where a mutual course of action cannot be agreed, issues of client(s) safety and the safety of those surrounding the client being given primary importance.

This agreement is fully understood and agreed to as it stands and is signed by

Clients Date

Clients Date

Counsellor - *Atlanta Rayner*
Atlantarayne@gmail.com
AtlantaRayner.com

Date

Ba Hons -Cultural studies – University of the West of England
Advanced diploma -Couple Counselling – University of Hull
PG dip - Psychosexual therapy – University of Hull
MA - Creative Writing for Therapeutic Purposes- University of Middlesex
Diploma's in Forest bathing, EFT-emotional freedom technique and Body healing coach.
Relate counsellor for 10 years
Member of BACP and COSRT