

Dear Client,

Thank you for selecting Life Insight. You have decided to enter into a therapeutic alliance to help you to address some difficulties you are experiencing. Please be reassured that this is a partnership designed to enable you to move forward in the way you wish to. However, you should also be aware that, as with any partnership, your role is important. Whilst I as your therapist will do everything within my capabilities to help you in the best ways that I can, it is not my role to solve your problems for you, but to help and guide you towards the most suitable solution(s) for you at this point in time. Therapy is not a magic wand that can make all your problems quickly go away, some effort will be required on your part to make change happen. In most cases outcomes are favourable but results cannot be guaranteed. It is also important to allow enough time to enable positive changes to take place. Very few problems can be addressed in one therapy session. I will advise you on how many therapy sessions I believe will be most beneficial to you, but this can be variable and may change during the treatment plan (for example, you may require more, or fewer sessions). I will also discuss with you the optimum frequency of the sessions – usually weekly or fortnightly is best.

I am trained to use a variety of therapeutic approaches including Counselling, Cognitive Behavioural Therapy (CBT), Schema Therapy, Solution Focused Therapy, Transactional Analysis (TA), Clinical Hypnotherapy, Neurolinguistic Programming (NLP), Emotional Freedom Technique (EFT) and a dynamic form of therapy known as Brainworking Recursive Therapy™ (BWRT®). Drawing on these skills, I use a tailored approach with each client. I am fully trained and certified in all of the techniques I employ. I will only use hypnosis with your consent and if so, please be aware that you will remain completely in control at all times. It is quite normal during therapy to feel emotional at times. As your therapist I will never judge your responses and will welcome them as they are often a sign that you are making progress.

Each session is around 55 minutes in length and costs £xx. Please arrive on time as I will not be able to extend a session if it starts late. All sessions must be paid for at the time of the session, or in advance if you prefer, unless other specific arrangements have been made. If a session is booked and you subsequently wish to cancel it, for any reason whatsoever, **24 hours notice must** be given (this does not include Saturdays, Sundays or Bank Holidays), or a cancellation fee will apply. My cancellation policy is available to view on my website. Please see over for payment details.

As a therapist I abide by several professional codes of conduct and I am registered with the Information Commissioner's Office (ICO) under the Data Protection Act 2018 – please ask if you require details. All of the codes I follow stress the importance of maintaining client confidentiality. I will not disclose anything about you to anyone else, other than anonymously with my professional supervisor or if I deem it is necessary in order to prevent serious harm to someone, or in the unlikely case that I am legally required to disclose information under certain laws. I shall explain this in more detail during our initial session. For your protection, I hold comprehensive liability insurance with a specialist insurance provider for psychotherapy and hypnotherapy. **Please note that I cannot offer a crisis or emergency service. If you or anyone else requires urgent support for a psychological problem, please contact your GP, the NHS on 111, the Samaritans on 116 123 or in an emergency call 999.**

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Under the Data Protection Act 2018 I must make all clients aware of my privacy policy; I have provided you with a copy and you may also find it on my website at:

<http://lifeinsight.co.uk/home/privacy-policy/>

Please tick below to confirm that you have received a copy of my Privacy Policy.

I use a confidential booking system which can send you appointment confirmations and reminders (SMS or email). Please tick below to indicate which of these you would like to receive:

I am happy to receive booking confirmations by email

And

I would like to receive booking reminders by SMS

-or-

I would like to receive booking reminders by email

-or-

I do not wish to receive booking reminders

I confirm that I have received a copy of Life Insight Therapy's Privacy Policy.

By signing below you confirm that you have read and understood the information above. Please ask for any clarifications before signing. I will give you a copy to keep for your own records.

Signature

Name (printed)

Date

Payment details:

Healthy Balance Clinic accepts payment by cash, card or cheque. Cheques should be made payable to Amanda Hart. Payment is to be made at reception.

For sessions elsewhere, I accept payment at the time of your session or in advance by cash, card (Visa or Mastercard) or cheque made payable to Amanda Hart or online in advance on: paypal.me/lifeinsight or by bank transfer on request

Please ask if you require a receipt.

Car Parking: Free client parking is available at both of my practice locations, however use of the car parks is at owner's risk.



Amanda Hart
BA (Hons) MBACP MNCH (Reg.) CNHC Reg.

Life Insight Therapy

