

Thank you for selecting Life Insight. You have decided to enter into a therapeutic alliance to help you to address some difficulties or challenges 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 will do everything within my capabilities as your therapist 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. Some effort will be required on your part to enable change to happen. In most cases outcomes are favourable but results cannot be guaranteed. It is also important to allow enough time to allow positive changes to take place. Very few problems can be resolved with one therapy session. I will advise you on how many sessions I believe will be most beneficial to you, but this can be variable and may change during the time we work together. I will also discuss with you the optimum frequency of the sessions – usually weekly or fortnightly is best.

I am trained in a variety of psychotherapeutic approaches and methodologies, please ask if you want more information about these. Drawing on my skills, I use a tailored approach with each client. I am fully certified in all of the approaches and techniques I use. If clinical hypnosis is to be used, it will always be with your prior consent and you will always remain in control. 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 of progress.

A standard session is around 55 minutes in length and costs £80*. 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 taking place online. If a session is booked and you subsequently wish to cancel it, for any reason whatsoever, **2 days'** notice **must** be given 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 the British Association for Counselling and Psychotherapy (BACP)'s ethical framework, which stresses 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 you or someone else, or in the rare event that I am legally required to under certain laws. I shall explain this in more detail during our initial session, but please ask if you require more information. However, please note that if a third party is funding your sessions, I reserve the right to inform them if you do not attend or if you cancel a session. If your therapy sessions are to take place online (via Zoom, Skype or similar platform) there may be limitations to data privacy that are outside my control. I will never record an online session without your consent, however due to the nature of the Internet, full privacy may not be guaranteed. Please ask for clarification if required.

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/their GP, the NHS on 111, the Samaritans on 116 123 or in an emergency call 999.

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I am registered with the Information Commissioner’s Office (ICO) 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/>

For your protection, I hold comprehensive liability insurance with a specialist insurance provider for psychotherapy.

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

-and/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.....

Parent/Guardian’s signature if required.....

Name(s) printed

Date

Payment details: Payment is due at the time of your session or in advance for online sessions. Payment in person may be made by cash, card, cheque or instant transfer. Cheques should be made payable to Amanda Hart. Advance payments may be made by BACS or PayPal – please ask me for details.

Please ask if you require a receipt.

* Current standard fee at my Loudwater practice and online. Prices at other locations may vary. Some concessions may be available depending on circumstances. For full pricing please see my website. Prices and practice locations are subject to review; however, I will inform you of any changes in advance where possible.



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Life Insight Therapy

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