

Arise Psychology - Therapy Contact and Information

Confidentiality

Information discussed during sessions will be treated in confidence and will not be shared with others without your permission. An exception to this is if you mention something that may put you, or another, at risk of harm. In this case I would need to share this information with others (such as your GP, a family member, police or social work) but I would be open about this and discuss this with you.

If we are working remotely (using video conferencing) and you were to terminate our session suddenly, when distressed, I would attempt to call you. However, if reconnection isn't quickly possible, I may need to contact the others mentioned above. This is in the interests of your safety.

During therapy appointments I am required to record relevant information that you provide to me. I do this by taking handwritten notes during or after sessions which are stored in a physical file. These notes are always anonymised with only your initials. Your psychology therapy file / notes are securely stored in a locked filing cabinet. All clinical psychologists are required to have regular supervision and so I may also discuss anonymised aspects of your care with another mental health professional as part of my supervision (*see privacy policy on my website for more details on data protection*).

Limitations of the service

Please note that I work as an independent practitioner and some issues (e.g. eating disorders, severe self-harm and active risk) cannot be effectively managed without the input of a multi-disciplinary approach and/or crisis management options. Prior to seeing new clients, I tend to have a brief telephone call to try to clarify whether I feel I can safely and effectively assist you with your issues. Occasionally this is less obvious until the first consultation or sometimes further into therapy, but I do not seek to engage clients unless they are suited to the service. If, during therapy, I feel that a client's needs extend beyond what a solo-practitioner can safely and effectively provide, or extend beyond my professional knowledge or capacity, I will be open with clients about this and will assist, where I can, to help access more appropriate services.

Payment

Sessions last 50 minutes and the fee for each session is £110. Session fees are to be paid at least 24 hours before the session commences.

Payment should be made to:

Soad Nasr

Barclays Bank

Account no: 93582361

Sort code: 20-33-96

Please use your name or initials as a reference for your payment.

Cancellation and missed sessions

Please contact me beforehand if you are unable to attend a planned session. You can contact me by e-mail or phone / text. Appointments cancelled with less than 48 hours notice will, unfortunately, have to be charged for in full. Similarly, if you are late for an appointment, it will not be possible to extend your session time.

Communication

As email communications are never entirely secure it may be wise to limit the personal details you share in emails. I am happy to arrange and re-arrange appointments by email or text but not to discuss anything of a confidential or therapeutic nature. I check my email and am contactable by phone (07896241336) from 9 -5 on Monday to Friday. However, as I am often working directly with clients, there is sometimes a delay in my response to enquiries. I will do my best to respond within 48 hours to emails and phone messages.

Please feel free to ask me any questions or for further information about any of the above.

If you are in agreement with these terms, please sign and date below.

Signature:

Date:

I would appreciate if you could supply the following information. Please note I will only contact your GP and / or emergency contact if I am worried about the safety of you or others. Please let me know ASAP if any of these details change.

Your full name:

Date of birth:

Home address & postcode:

Preferred email address:

Contact telephone numbers:

Name of Emergency Contact:

Nature of the relationship with you:

Emergency Contact's telephone numbers:

Name of GP:

GP address & telephone number: