



What you can expect from me

- To store your records in a safe and secure place
- To maintain confidentiality unless I believe you are a risk to yourself or others, unless I am required to disclose information by law or unless you have given me permission to speak to others for example your GP. If confidentiality needs to be broken under any of these circumstances I will always endeavour to talk to you about this first.
- To act with integrity, openness, honesty and professionalism
- To be open to feedback
- To prioritise your therapy and helping you move towards your goals
- To respond to voicemails/emails/texts within 24 hours on my working days

What I expect from you

- To be open and honest
- To make your therapy a priority
- To express your insight and ideas
- To understand that our work together is a partnership and you need to collaborate in the therapy process
- To be motivated for change
- To have positive expectations of treatment
- To be patient as change can require perseverance

Appointments

- I always aim to run my sessions exactly to time so please be punctual for the start of your appointment and be aware of finishing on time.
- If you arrive late for an appointment, the session will still end at the usual time and the full fee will be charged.

Payments

- All sessions last 50 minutes and cost £55.
- Payment is taken by cash or card at Wellforce or cash only at Cornerstone.
- If you prefer to pay by bank transfer, I will give you the bank details on request.
- Each session should be paid for in advance of or during the session.

Cancellations

- I require 48 hours notice if you need to cancel an appointment.
- If you cancel within 24 hours of your appointment or do not attend the appointment, the full fee of £55 will be payable.
- If you cancel between 24 and 48 hours in advance, a fee of £20 will be charged to cover my costs
- If for any reason I am required to cancel an appointment, you will not be charged.

Ending Therapy

- You or I are free to end therapy at any time
- We will regularly discuss your progress and I will keep you informed of my plan for treatment and take your feedback into account.

Location and Parking

I work from two different therapy centres so make sure to confirm where your appointment will be.

Wellforce 28 Wilkinson Street, Sheffield, S10 2GB

There is free car parking at the front and back of the building. When you arrive go to reception and let the receptionist know you have arrived.



Cornerstone 99 Murray Road, Sheffield, S11 7GH

There is free on street car parking on the roads around the building. When you arrive, press the door bell and someone will open the door for you.

