



Linda Smith MA  
"Talk about it "Counselling Services  
Counsellor and treatment consultant

193 Victoria Street  
London SW1E 5NE

Tel: 01753 683416  
Mob: 07852 958114  
Email:lindasma12@aol.com

I am a fully linked member of the Federation of Drug and Alcohol Professionals,  
Membership number 621.

**QUALIFICATIONS:** MA exploration into the effects on counsellors who work with the  
Murdering clients / Dip: counselling/Dip: Addiction Studies

Professional Liability Insurance Number: **SMLX30AM01**

### **CONTRACT FOR THERAPY**

#### **Location**

Windsor SL3 9QD  
London / Victoria

#### **Time**

The initial session is a consultation which lasts an hour and a half. During this time I will take a brief history from you to establish the purpose of your therapy/supervision. Based on this history, I will demonstrate a model of counselling that I hope will help you feel motivated and able to move forward. Subsequent sessions will last for 60 minutes. Please ensure you arrive on time so that we have a full session together and please note that these sessions will end promptly. Sessions are usually held weekly and ideally arranged during the consultation.

#### **Fees**

The fee for the consultation is £50 and £80 for couples, and subsequent sessions are charged at an hourly rate of £50. A one-stop-smoking-session is £100. Couples counselling and family work is £80 for 60 minutes and £120 for 90 minutes. Group supervision for group staff support is £90 for 90 minutes. You may pay by cash or cheque making cheques payable to L. Smith.

#### **Telephone Consultations**

Telephone consultations or coaching can be booked by arrangement and is charged at £40 for 45mins. /£45 for 60 minutes

#### **Books and CDs**

If you need any books or CDs I am happy to obtain them for you at the relevant costs.

### **Cancellation Charge**

You are responsible for your sessions. If you have to cancel an appointment, please give at least 48 hours notice. Appointments cancelled on the day will be charged at the full rate and half the fee if cancelled the day before.

### **Supervision**

Good therapeutic practice dictates that regardless of how well qualified or experienced a therapist is, regular supervision should take place. I, myself, have monthly supervision of a minimum of 2 hours with an experienced supervisor. During these supervisions we discuss different client issues. Confidentiality is respected and at no time are clients' details revealed. I treat all information as confidential and adhere to both the 'Code of Ethics and Confidentiality Policy' and the 'British Association Ethics for Good Practice in Counselling and Psychotherapy'. The only time I will breach confidentiality is if I have grounds for believing that you will cause serious harm to either yourself or others, and I will do this only after discussion with you.

### **My approach**

My approach is integrative and addictions trained. I have also been trained in existential psychodynamics which means looking for the meanings behind your current and past situations. *Psychodynamic therapy works towards developing a greater awareness of early patterns of behaviour. Allowing the client to experience a greater sense of personal authority and well being in the here and now.* I will use a number of approaches depending on what seems appropriate for the client and their particular issues. The aim of the session(s), together with your specified goal, is to help you have a better understanding of yourself, which in turn will help you deal with the feelings that are encroaching on your current life that have led you to be in a situation that you are not happy with. I cannot change you; I can only facilitate the changes if you allow that. My aim is to be empathetic, empowering and supportive throughout the whole process.

### **Confidentiality**

All sessions come under the confidentiality policy

All sessions are shared in supervision

All sessions are confidentially apart from some points which will be given to you on your first session all notes are kept in a locked cabinet but you may view them at any time

You may want to ask yourself some questions before coming to the session:

- Why have I looked for counselling?
- What is my view and understanding of counselling?
- What expectations do I have of counselling?
- What do I want to achieve from my sessions?
- How many sessions do I want to take up?

Please bring this contract, together with the name and address form with you to your consultation. I look forward to meeting and working with you.

Kind regards,

LINDA SMITH

Signed.....

Dated.....