



What will happen on your Introductory Call & First Session?

Your Introductory Call

We will talk about why you are looking for therapy, what you want to get out of it, and agree on how we will work together.

There will be a few questions to help decide whether we are comfortable working together and check that it is the most appropriate support for you.

After the introductory call you can decide whether you are still happy to go ahead with the sessions – if not, you are totally free to leave.

If you are happy to continue, then we will talk more in your first session.

Your First Session

To begin, we will discuss some of the following points:

- How many sessions we will have
- How we will decide if the therapy is helpful and when we will review this
- How payments will be made
- What to do if you are not able to attend a session or you want to reschedule
- What to do if you are away or going on holiday
- We will talk about confidentiality & what records will be kept (and why)
- Contact outside of the session & any restrictions to this
- Any questions you may have about anything to do with therapy

After discussing these points, we will make a therapeutic contract which will be written down.

Important

Therapy can sometimes be difficult. There are times when talking about something may be painful or difficult. This is common and totally natural.

Normally, going through these difficult and painful emotions can help in the long run. However, if it really is not working, we can discuss this and end the therapy if desired.