

Catherine O’Riordan
Integrative Psychotherapist & Supervisor & Groupwork Facilitator
UKCP 2011164382 / ACC 103970

76 Buxton Avenue, Nottingham NG4 3RS
Mobile: 07875 816 205 / e-mail: inner_child@yahoo.com

Client information sheet:

Couples seek help with their relationship for various reasons. Usually because they want to address something that’s been troubling them, and they want professional help to work through things together but within a secure, supportive therapeutic space which will be held in this instance by me. You may or may not have a clear idea of what it is you want help with, and each person’s idea of what is troubling them in the relationship is likely to be different and that’s okay.

Couples counselling takes courage and commitment from all parties. Healing and growth take place on the individual level but also in the relationship. Couples counselling is something that needs to be entered into freely and only because you both want to engage in counselling. As we all work together, if you have any questions, please voice them to me and we can explore this together as a group. During your experience of therapy if anything makes either of you feel uneasy, if it doesn’t make sense, if it doesn’t seem to be reaching the spot, please voice your concerns, thoughts, and feelings. This is very important because it is your therapy and feedback within the process will help us all work together. I will always seek to put your best interests first - both of you as individuals and as a couple - and support you in your unique journey. I will seek to honour your beliefs, values, and spiritual outlook. When you wish to end therapy, it is helpful to plan for an ending as endings are important.

Often, as we start to explore your experiences, thoughts, feelings, behaviour, and circumstances understanding yourself, each other and the relationship starts to take shape. Things that might seem unrelated can provide insight and understanding and when picked up and used may help you both process your emotions and thoughts about yourself and the relationship. This can help you work out ways to move forward. Ultimately, my job as a counsellor is to provide a secure, supportive relationship within which you can both begin to better understand yourself, each other and your

relationship and learn new, more effective, and personally satisfying ways of living your life together. As for me, I will use all my life experience, training, and professionalism to help you. If I am unsure of something I will tell you.

I will protect your confidentiality; only the most serious circumstances would bring this into question, and I would discuss this with you first.

- You can also expect to explore your past and present relationships. This is to help you understand yourself better and become more aware of how your past experiences feed into how you behave, feel, and think now. This in turn helps you think things through and make better choices.
- I put emphasis on the relationship between me and you as we meet in each session. I am likely to ask how you feel in your body, to describe how you feel emotionally and what you are thinking, remembering, or imagining. I will seek to provide you with the right setting to explore yourself, your relationship, and your circumstances.
- I may invite you to do some gentle homework in the time between sessions.

Please pay the fee of £70 before each session, this helps me. You can pay by bank transfer. Please put your surname and date of the session being paid for on the payment submission.

Bank transfer details:

Name of account: NLP Vision

Sort code: 40 - 35 -18

Account Number: 1450 40 89

Many thanks, Catherine

Catherine O’Riordan

Integrative Psychotherapist & Supervisor & Groupwork Facilitator

UKCP 2011164382 / ACC 103970

76 Buxton Avenue, Nottingham NG4 3RS

Mobile: 07875 816 205 / e-mail: inner_child@yahoo.com

Couples Counselling Agreement 2025

As a Counsellor:

1. I will work collaboratively with you and honour your choices.
2. I will ensure our working environment is peaceful and secure.
3. I will ensure personal information pertaining to you is kept confidential.
4. I will give you advance notice of planned breaks.
5. I will abide by my Code of Ethics
6. My work is supervised, and your anonymity will be protected.
7. Unless changed by mutual agreement each therapy session will be one hour and weekly unless agreed mutually.
8. I charge my standard hourly fee of £70 for writing letters, references etc. as well as for the initial appointment.

As a client:

1. I will arrive on time for my counselling appointment.
2. I will pay £70 before each session.
3. If I need to miss or rearrange a counselling session, I will give 24 hours advance notice. Sessions cancelled with less than 24 hours notification will be charged as normal.
4. I will consult with a medical doctor if advised to do so.
5. I understand that any complaints should be made to Catherine O’Riordan in person.

6. I have the right to withdraw my consent at any point and to finish therapy when I want to. Where possible I will tell you I intend to end therapy and work towards an ending.

Signed: Catherine O’Riordan Date:

Signed: Name: Date:

Mobile:

Email:

Address:

G.P Contact Details:

Medication (if relevant):

Emergency Contact Information:

Signed: Name: Date:

Mobile:

Address:

G.P Contact Details:

Medication (if relevant):

Emergency Contact Information: