

Catherine O'Riordan

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Client information sheet:

People usually contact a counsellor for help because they want to address something that's troubling them, and they want professional help to work through things. You may have a clear idea of what it is you want help with, or you might not and that's okay.

Often, as we start to explore together your experiences, thoughts, feelings, behaviour and circumstances things start to take shape; things that might have seemed unrelated can help provide insight and understanding and when picked up and used may help you process your emotions and work out ways to move forward. Ultimately, my job as a counsellor is to provide a secure, supportive relationship within which you can begin to better understand yourself and your life and learn new, more effective and personally satisfying ways of living your life. As for me, I will use all my life experience, training and professionalism to help you.

Counselling takes courage and commitment from both parties and healing and growth can take many routes. Counselling is something that needs to be entered into freely and only because you want to do it and as we work together, if you have any questions about the process, please voice them to me and we can explore this together.

When you wish to end therapy, where possible it is helpful to plan ahead for an ending. During your experience of therapy if anything makes you feel uneasy, or if you encounter any problems, or if it doesn't seem to be reaching the spot, please do voice your concerns or feelings to me as this is important feedback and will help us to move forwards. I will always seek to put your best interests first and support you in

your unique counselling journey. I will protect your confidentiality; only the most serious circumstances would bring this into question.

- 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. In turn this helps you eventually to make better choices.
- I put a lot of emphasis on the relationship between me and you as we meet in each session, and I am likely to ask how you feel in your body and to describe how you feel emotionally. I will seek to provide you with the right setting to explore yourself.
- Most importantly we will look at your relationship with yourself in all your complexity as a person and I appreciate this might not be something you have consciously considered before.
- You will be supported to apply some of the things we work at in therapy outside of our hour together (ie. in your daily life and relationships).

Please pay the fee of £50 before each session, this helps me. You can pay by bank transfer.

Bank transfer details:

Name of account: NLP Vision

Sort code: 40 - 35 -18

Account Number: 1450 40 89

I am now working in person and hope that this will feel comfortable for you; my consulting room is spacious enough and the seating is suitably spaced. You do not need to wear a mask, and neither will I. If you feel unwell or if I feel unwell I trust we will both take whatever steps needed to assure we are COVID free.

Let me know if you have any questions.

Warmly, Catherine