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 understand what's going on and make changes where they can. You may have a clear idea of what it is you want help with, or you might not and that's okay. Counselling can be brief but normally it is a longer term commitment to weekly sessions.

Often, as we start to explore your circumstances as well as your thoughts, feelings, and behaviour things start to take shape. Things that might seem unrelated can provide insight and understanding; explored together this may help you process your emotions and thoughts and take new steps. Ultimately, my job as a counsellor is to provide a secure, supportive relationship within which you can begin to better understand yourself, others and life-events and try 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 you and me. Counselling is something that needs to be entered into freely and only because you want to do it. Healing and growth can take many routes and many shapes. As we work together, if you have any questions, please voice them to me and we can explore this together and find more fruitful ways of working together. I will always seek to put your best interests first and support you in your unique journey and I will honour your beliefs, values, spiritual outlook and choices.

When you wish to end therapy, it is helpful to plan for the ending because endings can be very important.

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

- You can expect to explore your present and past relationships and life experiences. This is to help you understand yourself better and become more aware of how your past experiences and relationships feed into how you presently behave, feel, and think. This in turn may help you think about responding to yourself differently and make choices that feel more authentic and life-giving.
- 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. I may also ask you about your dreams and illnesses, past and present. I will seek to provide you with the right setting to explore yourself, your circumstances, and the important people in your life in a way that feels okay.
- Most importantly we will look at your relationship with yourself in all your uniqueness and complexity as a person; this may include themes around neurodiversity, sexuality, gender, spirituality etc. and it will certainly involve thinking about who you were as a child.
- You will be supported to apply some of the things we work at in the therapy hour outside of our time together, that is in your daily life and relationships.

Please pay the fee of £60 before each session, this helps me. You can pay by bank transfer. Please put your name and the 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

I work in person from my home premises. Please see my website for further details: www.yourinnerchild.net. Let me know if you have any questions. Warmly, Catherine