

Amelia Jeans MA, ADEP, MBACP, UKCP - reg.  
www.ameliajeans.com

Tel: 07855554519 Email: amelia@ameliajeans.com

## **Information & Terms of Engagement**

### **Qualifications, Experience & Ethics**

I hold a Masters Degree in Psychotherapy & Counselling and an Advanced Diploma in Existential Psychotherapy, both from Regent's School of Psychotherapy and Psychology. In addition to my private practice, I am a visiting lecturer at Regent's University where I teach on the Certificate course in Psychotherapy and Counselling. I have worked in a hospital setting as an honorary psychotherapist for the NHS in a multi disciplinary team.

I am a member of the BACP (British Association for Counselling and Psychotherapy) and a Registered Member of the UKCP (UK Council for Psychotherapy), membership of which requires a rigorous five-year training. I am bound by and adhere to the BACP's Ethical Framework and I also commit to and maintain the UKCP's Ethical Principles & Code of Professional Conduct.

### **Orientation of Practice**

My approach to therapy is primarily existential -phenomenological and I am a Member of the Society for Existential Analysis. I have training in CBT and integrative therapy including psychodynamic and person-centred models, and I draw on these when appropriate for my clients.

### **Session Arrangements**

At our initial meeting we will discuss what brings you to therapy, what you would like to get out of the sessions, and whether it feels right for us to work together. We will usually then agree to meet at a fixed time on the same day each week. All sessions are 50 minutes in duration and it is important that we begin on time since appointments cannot be extended; as there is not always someone in reception to answer the door, I request that you arrive at the time agreed rather than early.

### **Cancellations and Missed Sessions**

Regular sessions mean continuity and commitment to therapy which in turn gives a sense of structure, containment and safety. Once we have agreed a day and a time for your sessions, I will set aside that slot for you each week and the full session fee will be payable if you cancel with less than a week's notice or if you miss a session. If I have some notice of your cancellation, as an exception, I will try and find you an alternative slot the same week but there is no guarantee one will be available. I will give you as much notice as possible of my

holidays and I would appreciate it if you would do the same with your known absences. I am not available for therapy sessions the month of August.

### **Fees and Payment**

My session fee for therapy, including the initial session, is payable at the end of each session either by cash or cheque. Some clients like to pay a month in advance, and some prefer to be invoiced if a third party is paying for the therapy. If you require receipts, please let me know. My fees are reviewed periodically and I shall give you one month's notice of any changes.

### **Confidentiality**

Sessions are strictly confidential. However, in extreme cases, where you are a serious danger to yourself or others, I would consider widening confidentiality which, wherever possible, I would discuss with you first. As a requirement of professional practice, I have regular supervision where issues from our sessions may be discussed but your identity will always be protected by disguising certain details. If, by chance, we encounter each other outside of therapy, I will honour your privacy by not acknowledging you unless you first make contact with me; and we will then keep our contact to a minimum and discuss it in our next session.

### **Commitment and Ending**

I usually work in an open ended way which may mean working together for a number of weeks, months or even longer depending on what it is you are looking for. It is, however, important to review the goals of therapy periodically and establish whether therapy is still useful for you. When it is time to end, it is preferable to set an agreed date and work towards it rather than an impulsive, sudden ending.

The commitment therapy requires from you is to be honest and open and willing to explore emotions - even difficult ones. I am there as your facilitator which means as well as accepting you without judgement, I will also challenge you when helpful to your moving forward. If you find therapy difficult, if you are not sure what to say, we can explore that too. There will be times, in confronting certain issues, that you will find therapy troubling or perplexing, but this is natural when undertaking a sincere and demanding commitment; it is worth remembering that the more you put into it, the more you will benefit from this unique investment in yourself.