



## Therapy Agreement

Chiron Transform Trauma Centre is an organisation based in South West Wales, run by Jacqueline Turner. She has been a therapist for over twenty years, is trained in all evidence-based psychological approaches for working with Trauma. She has worked with individuals and groups to inform, support and transform the physical and psychological effects of Trauma, PTSD, Complex PTSD and related comorbidities such as addiction, depression, flashbacks, nightmares, somatic symptomology and emotional and relationship difficulties. These processes are also well-evidenced in treating a variety of forms of general anxiety, social anxiety, different types of performance anxiety, OCD and insomnia.

### Aim of Trauma Therapy:

The aim of Trauma Therapy is to provide you with the opportunity to explore your thoughts, feelings and behaviour in a safe and non-judgemental environment. Our role here is to accompany you through this process without judgement or telling you what to do. Working collaboratively to formulate and implement a treatment plan, this process leads to personal insights which will help you gain more control in certain aspects of your life.

Directive Trauma Therapy involves 3 stages after the initial Assessment phase:

1. Stabilisation (psychoeducation, safety and containment, and emotion regulation)
2. One or more Trauma Processes
3. Integration

The duration of each stage will depend on your trauma history and presentation. This will be discussed and agreed with you in the initial Assessment phase, and will be re-assessed during the course of the treatment process.

### Confidentiality:

Confidentiality is ensured – nothing we talk about in sessions will be discussed outside of the sessions. The exception to this would be if either you or someone else were in danger or at risk of harm; we would - where possible - discuss the breaking of confidentiality with you. We do, however, have an ethical obligation to break confidentiality without prior consultation with you should we consider that the urgency of the situation requires us to act immediately to safeguard the physical safety of yourself or others.

### Supervision:

Jacqueline is required to attend supervision in order to ensure that you receive the best service possible. Supervision makes sure that the therapy offered by Chiron is consistent, fair and ethical, with its efficacy maintained at a high level. Any information the supervisor(s) have about you will be treated in confidence, and you are assigned a Client Code to provide additional anonymity and protection for your personal information.

### Ethical Standards:

Chiron has organisational membership with the NCP (National Council of Psychotherapists), and Jacqueline has professional membership with MSAFE Professionals and BWY (British Wheel of Yoga).

We follow the NICE Guidelines for Psychotraumatology.





### Sessions:

Sessions can be either 1 or 1.5 hours in length, depending on preference and where we are in the trauma treatment process. The sessions will be at a day and time suitable for both parties. If for any reason we must cancel a session we will aim to provide you with 48 hours' notice, and you will not be charged for the session. Likewise, we will expect you to give us 48 hours' notice if you are unable to attend. We reserve the right to charge for a missed session where less than 48 hours' notice is given. We will give a minimum of 2 weeks' notice of any planned dates when we will be unavailable. We require (where possible) at least 2 weeks from you of the same.

### Session Locations:

**By Phone:** We would email you our therapy number. You would then be able to call the number at the time your sessions begin.

**By Zoom:** Once we've arranged a time, Jacqueline will send you a link to the meeting room. You don't have to have Zoom installed to attend.

**In Person:** Once we've arranged times, we will forward you our address via email.

### Number of sessions/ending therapy:

When therapy is open-ended, as opposed to limited to 6 or 12 sessions, it is important that ending therapy is not sudden, so we will regularly review progress to help determine the duration of our work together. Once an end date is agreed, we would anticipate that we would have a minimum of 2 more sessions leading up to this date. Leaving therapy unplanned can often be unhelpful. If you unexpectedly do not attend and do not get in contact, we will follow this up, unless you specifically ask us not to.

### Re-contracting:

This is the opportunity to consider changes to this agreement that we negotiate and may include changes in dates and times, frequency of sessions and continuing our therapeutic work.

### Insurance:

Chiron holds public liability and professional indemnity insurance.

### Costs:

**Session fee (1hr):** £60.00

**Trauma Process (EMDR) Session fee (1hr):** £80.00

Payment is required 48 hours prior to session start to confirm booking. Preferred payment method is via Bank Transfer to: **J A TURNER CHIRON | 56-00-42 | 30002621**

*(Fees are reviewed yearly and any changes take effect from 1<sup>st</sup> April. Concessions may be available.)*

### Additional Support:

We are unable to offer a 24-hour service, however if you require additional support in between sessions, please call **Samaritans** (116 123), **SHOUT** (text "SHOUT" to 85258), or contact your local mental health crisis team.





If there is anything you would like to enquire about further, please ask or visit our website:  
<https://chirontransformtrauma.uk/psychotherapy/traumatology-programs/>

We look forward to our collaborative work together.

**Please complete:**

<b>Name</b>	
<b>Address</b>	
<b>Postcode</b>	
<b>Telephone number</b>	
<b>Email address</b>	
<b>Medication</b>	
<b>Previous therapy</b>	
<b>GP Name, address</b>	

I hereby give consent for Chiron Transform Trauma Centre to contact my GP if needed, and accept the terms given in this agreement.

**Client signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Therapist signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

