

# *Frequently Asked Questions*

## **Choosing a Therapist**

In choosing a therapist it is important to find someone you feel you can trust, rather than someone who is an expert in a particular field. I would suggest you talk to a few therapists so that you can make the right choice for you.

## **What will the therapist want to know?**

I will want some idea about the kind of issues you wish to talk about. I will try to establish whether the type of therapy I offer is appropriate for you at this time in your life. If it is not, I may refer you to a colleague more suited to your needs.

I will also ask if you are currently taking any medication, and whether you are seeing your GP or a Hospital Consultant for anything. I may ask for a letter from your GP or Consultant if you are being seen for a problem that is relevant to the reason why you are seeking therapy.

## **How many sessions will I need?**

Each person will come to therapy with their own individual life experiences and resources, therefore, the amount of time required to achieve any desired goal will differ from person to person.

During our first session, we will discuss together how many sessions will be required in order for you to achieve your goal. This is not a fixed term and may change depending on our work. Sessions can be anything between 6-12 hours and we will review your progress continually throughout our time together.

## **How often are sessions held?**

Usually, sessions are once a week or fortnightly and are scheduled at the end each therapy session. Time between sessions allows you to adapt to seeing the world differently and to give you time to begin to notice changes.

## **What do you charge?**

I charge a standard hourly rate of £40, payment being due at each session.

Depending on your distance of travel, it might be more cost effective for you to have a 90 minute session rather than one hour; 90 minute sessions are available upon request.

## **Is there a cancellation fee?**

For cancellations, a period of 24hrs notice is required, otherwise, the session fee will be payable. If I need to cancel one of our sessions I will endeavour to give you the same, if not more, notice.

## **Is it a totally confidential service?**

All sessions including telephone conversations will be conducted in confidence. This confidence will be maintained and applied to any and all records, in accordance with the Data Protection Act.

## **I'd be frightened of asking questions...**

If you were thinking of buying a car you wouldn't dream of not asking questions. Your mental and emotional health is even more important. The more information you have, the more likely you are to know that you are making the right choice.

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## **I'm not sure what to ask...**

Ideally request an initial session when you can ask the therapist various questions. You can take a written list of questions with you, or you could ask the questions over the telephone. If you find that you are not happy with any of the responses then you have every right to say you do not wish to proceed. Some question suggestions:

- What are your qualifications?
- Do you have a qualified supervisor to discuss your work with?
- Which professional bodies do you belong to?
- For how many years have you been practising?
- How long is a session?

## **What if I'm still not sure?**

Trust your instincts. Do you feel comfortable? Does their way of working suit you? Would you prefer a man or a woman? Do you want to work with someone your own age, or older or younger? Is it important for you to find someone from a similar culture or social background? Do you feel safe with them? Can you imagine yourself talking to them about personal details?

Remember: the therapeutic relationship is for your benefit.

## **How do I know if therapy is working or not?**

You may like to keep a diary of your thoughts and feelings so that you can judge your own progress. Different people will progress at different rates; so will different therapists, so avoid comparing yourself with other people.

It is not unusual to feel worse before you feel better. This needs to be discussed with your therapist so that you can consider how to handle difficult feelings as they arise. NLP Therapists have, as a principle, a desire to leave their client in a better or equal state to the one they arrived in, so it is not right for you to leave a session feeling humiliated, unheard or used.

## **What is the difference between psychotherapy and counselling?**

Counselling and psychotherapy are ways of responding to a wide range of human needs. Both counselling and psychotherapy provide opportunities for those seeking help to work towards ways of living in more satisfying and resourceful ways. Both offer a safe, non-judgmental environment for the client.

There is much debate into the differences between psychotherapy and counselling and the terms are often used interchangeably. However, more often than not, counselling is generally used to denote a relatively brief treatment that is focused most upon behaviour. It often targets a particular symptom or problematic situation and offers suggestions and advice for dealing with it.

Psychotherapy on the other hand, is generally a longer term treatment which focuses more on gaining insight into physical and emotional problems. It focuses on the client's thought processes and way of being in the world rather than specific problems.

*"Counselling is usually seen as problem-oriented,  
while psychotherapy is person-oriented"*

*RJ Corsini*