



Tom Daniel

Counselling Service

For
Relationship Problems, Emotional
Problems, Depression, Anxiety,
Stress and Personal Development

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My Approach

Counselling is like a journey where you are in the driver's seat and I am in the passenger seat. As the driver you are in control of where we go and how we get there. I am accompanying you as navigator. My job is to spot the signposts and support you in whatever challenges you are facing. Some of these challenges may be internal and some may be external: coming from yourself or from others. Some may come from me within a therapeutic relationship in which you are heard, understood and accepted.

Counselling is a safe place to bring difficult issues and feelings of any kind. It can therefore, sometimes, be an uncomfortable experience. However the counselling relationship enables you to process these difficulties, to discover healing and/or resolution and also to obtain a deeper understanding and acceptance of yourself.

Meetings

Counselling sessions usually occur weekly or fortnightly for an hour. However this is not fixed and we can decide this together.

It is important from time to time that we discuss how counselling is progressing. You are free to discuss this whenever you want but in any case I will ensure that this happens.

Counselling can continue for as long as we agree to work together. You can finish counselling whenever you want. If I need to end our counselling relationship then I will give you as much notice as I can.

Confidentiality

The counselling relationship is confidential. This is so that it can be safe for you to explore anything that you want. This means that I will not discuss, anywhere else, either you or what you bring to counselling. Also, in order to protect your privacy, I would not acknowledge you if we met on the street unless you acknowledged me first.

However, I may discuss our work together with my supervisor. I would do this in such a way that you could not be identified.

The only exception to this would be if I believed that you could no longer be responsible for yourself and/or were likely to cause serious physical harm to yourself or others, or have harm caused to you. If I had such concerns I would discuss them first with you before taking any possible action.

I also keep progress notes of counselling sessions on my computer in an encrypted file stored remotely using Dropbox. These are for my own use and are not available to anyone else except in certain legal

circumstances. I keep these notes for 5 years after the end of counselling.

Qualifications and Experience

- Diploma in Person Centred Counselling, 2000.
- BACP Accreditation, 2002.
- MSc Counselling Studies, 2003.
- BACP Snr. Accredited Counsellor, 2008.

Ethics

My professional body is BACP and I practice following the BACP Ethical Framework. See www.bacp.co.uk.

If you have any questions or concerns about our work together that you feel you cannot discuss with me then you can call BACP on 01455 883 344 or email kathleen.daymond@bacp.co.uk.

I regularly meet with my supervisor to monitor and reflect on my practice.

Fees

Current fee is £45 per hour.

Sessions missed or cancelled with less than 24 hours notice are liable for the full fee.