

**Bristol Practice**
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**Berkeley Square Practice**3 Berkeley Square

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[www.karendeeming.com](http://www.karendeeming.com)

**Statement of Understanding**

**Professional Information**

I hold an Advanced Diploma and Master’s Degree in Integrative Psychotherapy & Counselling which is a professionally UKCP accredited five year training. I have undertaken over ten years of personal development work, which I consider to be an essential part of my training. I am committed to continuously looking at how I can increase, deepen and expand my skills and knowledge. This includes regularly attending professional training workshops, conferences and seminars.

Integrative Psychotherapy means that I attend to the whole person, their perceptions, thoughts, feelings and physical experience working as a whole. It also means that I move flexibly among a range of approaches such as CBT, humanistic, psychodynamic, body psychotherapy and neuroscience, depending on your needs and personality.

I am insured and regularly supervised. My psychotherapy service is strictly confidential and I follow a strict professional code of conduct, good practice and ethical framework (see BACP and UKCP websites).

**Ending Therapy**

When you want to stop therapy there will be a number of mutually agreed sessions in which the ending of the process can be addressed creatively. A referral can be arranged where appropriate. If we work together for longer than ten weeks, I require a minimum of two week’s notice if you decide to end therapy with me.

**Sessions and Payment**Fees vary depending on location. Sessions last 50 minutes.

It is very important for our work together that we do have a commitment to meet regularly.

I will be ready at the agreed time. If you ring me late for any reason, the session will still finish at the appointed time.

At my Orchard Street Practice, the fee for day time counselling sessions at present is £42 and the cost is £52 for appointments after 1700hrs. Each session will be for 50 minutes. Please pay at the beginning or end of each session. If you prefer to pay for a block of sessions in advance I offer discounted rates £160 or £200 per block. My fees may increase annually and I will give you advance notice of this.

At my Berkeley Square Street Practice, the fee for day time counselling sessions at present is £45 and the cost is £55 for appointments after 1700hrs. Each session will be for 50 minutes. Please pay at the beginning or end of each session. If you prefer to pay for a block of sessions in advance I offer discounted rates £170 or £210 per block. My fees may increase annually and I will give you advance notice of this.

For bank transfer payments, please note that my Nat West bank details are as follows:

Account Name: Karen Deeming Counselling and Psychotherapy Services
Sort code: 60-40-02
Account Code: 31148557

If you miss a session, the fee is payable in any case. If you give adequate warning, of 48 hours or more,
no fee will be payable. This includes last minute illnesses, unless I can reschedule your appointment in the same week.

If you get voicemail, please leave a message and I will call you back as soon as possible. Please note, I prefer not to have cancellations by mobile text or by email if possible.

**Holidays**

I will inform you well advance of any future breaks that I intend to take. I generally take 6 – 8 weeks per year.

My holiday dates for 2016 so far are:

Monday the 2nd May

Thursday the 12th May up to and including Sunday the 22nd May

Monday the 30th May

Friday the 26th August up to and including Monday the 12th September

**Confidentiality**

Confidentiality is important in this kind of work. I will not discuss your material except in a professional way, with all names changed, in technical meetings with my supervisor. For further information about confidentiality please see (www.psychotherapy.org.uk and www.bacp.co.uk).

My statement of understanding terms may be amended from time to time, in which case, I will endeavour to give good notice and time for discussion.

**Karen Deeming Adv. Dip, MA, UKCP Reg**

**Consultant Integrative Psychotherapist**