

Professional Standards

All those wishing to practice as counsellors or therapist are rightly expected to maintain the highest standards of conduct and professionalism. These standards are enshrined in the codes of ethics of the major counselling, psychotherapy and psychology organisations.

I am an accredited member of the British Association of Behavioural and Cognitive Psychotherapists <http://www.babcp.com/Default.aspx> and a registered member of the British Association of Counsellors and Psychotherapists (MBACP) <https://www.bacp.co.uk/> and abides by their respective Ethical Standards.

Based on the codes of ethics of these organisations, I have established clear standards for my own work and these are outlined below.

Self-determination

Central to my philosophy is a person's right to determine their own direction for themselves. I will work to help people live to their full potential and decide their own course in life.

Working for the good of clients

I will provide my best help and support through the work I carry out with clients. I will make clear the kind of help I am able to offer and explain how this is likely to be helpful. If I feel you would receive more effective help elsewhere, I will say so.

In my professional work, I will receive regular supervisory support from fellow professionals as all good therapists are required to do. This will be carried out in such a way that your confidentiality is protected.

Protection from harm

I will strive never to do anything that might cause harm to those who place their trust in me. I have current Disclosure and Barring Service (DBS) clearance. I am a professional member of the BACP* and BABCP** and I am known and respected within my profession. I regularly discuss aspects of my work with fellow professionals in order to maintain the standard of my work with clients and strive to keep up to date with developments in the therapy I practise.

Justice

I will strive to treat each person with respect and dignity. I consider each person of equal worth irrespective of life experience, race, ethnicity, gender, sexual orientation and religious or political affiliation. I may not always share your religious or political beliefs but will nevertheless always strive to work with you in such a way that is respectful.

Respect for your rights and privacy

Counselling and therapy is private and confidential. In normal circumstances, what is said within therapy will not be disclosed to anyone outside of the therapy room.

Trust lies at the heart of the relationship between therapist and client. It is this trust that helps make the therapy effective. For this reason, I will do all I can to honour the trust placed in me.

Aspects of the therapy may be reviewed with my supervisor; this is a professional requirement for all therapists. However, no identifying information is disclosed.

In all professional relationships (including those with counsellors, doctors and solicitors) there are rare exceptions when confidentiality cannot be maintained. These are mainly related to risk of harm and will be discussed with you at the very beginning so that you can be sure you know what your rights are in this respect.

Above all, it is my intention that your experience is very positive, helpful and provides a safe place to benefit from all that the therapy has to offer.