

Firstly, a word about confidentiality - I am a registered member of the British Association for Counselling and Psychotherapy (MBACP) and the same with the Association of Dance Movement Psychotherapy (ADMP-UK). I subscribe to the BACP Ethical Framework, and the Code of Ethics of ADMP-UK, both of which have a complaints procedure to which I am accountable.

The brief anonymised notes I make after each session are stored securely.

All my work is supervised on a regular basis. I do not disclose information you share with me to other people, the exceptions being:

- Where there may be illegality.
- As a counsellor, psychotherapist and supervisor I review the work I do with my supervisor on a monthly basis. This is a requirement of my member organisations named above. I keep your identity confidential.
- Where there may be serious risk either to yourself or to others. I reserve the right to make appropriate contacts on the advice of my supervisor. I will make every effort to seek your prior consent.
- I have a living will which means that in the event of my incapacity or death my supervisor will gain access to your contact details and assist you in finding support elsewhere.