

## **Therapeutic Principles**

While counselling and psychotherapy are generally regarded as beneficial it must be realised that this may not be so in every case.

The therapeutic relationship is based on trust and mutual respect, guided by the client's developmental process. The main purpose of the therapeutic conditions – set time, set fee, ethical framework and so on – is to create and maintain a safe space in which to facilitate this development. The conditions help to create a professional working alliance. The boundaries are set according to the professional organisations I belong to as well as my own experience of what works best for my client and myself.

I regard myself as a psychotherapeutic counsellor and a dance movement psychotherapist and my practice is influenced by a range of approaches including: humanistic, person-centred, experiential, experimental, Jungian and Gestalt.

Various techniques may be used, for example imagery, dialogue, props and breath. These are used according to my professional judgement of what may help rather than applied as prescriptions or methods aimed at achieving a specific outcome.

The therapeutic relationship is designed for the growth and development of the client. I see it as my professional responsibility to inform the client if it does not seem to me to be working for their benefit, or if it ceases to do so.

## **Length of therapy**

We will formally start with an initial assessment session, which may be after an initial meeting. At the end of this we will evaluate the situation and decide whether we will enter fully into the therapeutic contract.

We will either set a specific period for the therapeutic process, or we will (more usually) leave the contract open ended. During the period of the therapeutic relationship we will have regular review sessions as appropriate and agreed.

When you want to stop therapy, it is usually appropriate to meet for a mutually agreed number of sessions in which the ending of the relationship can be addressed and accomplished. The number depends on the length and depth of the relationship. An onward referral can be arranged where appropriate.

I reserve the right to vary these contract terms from time to time, in which case I will endeavour to give good notice and time for discussion.