



WHAT HAPPENS IN THE FIRST SESSION?

After our initial phone call and before the first session starts, I will have asked you to read the information on either an **Adult Consent Form** or **CYP Consent Form** and an **Assessment Questionnaire** which I will have emailed to you.

On these forms are information about how I work and my 'terms and conditions' regarding confidentiality, cancellation policy, data protection etc. I will also be asking you to look over a short Assessment Questionnaire which includes asking for your GP name and address.

I send these forms to you before our first session as going over all this material can sometimes be a little overwhelming and a lot to take in. Please take your time over them and feel free to ask me any questions you may have about them in the first session. I will ask you if you have read and understood them.

We will go over these documents together and I will ask you to email me your consent if we decide that I am the right person to help you. This will be decided from a mutual discussion and we will see if I can best serve your needs through checking that –

1. If the level of support I can offer would be enough?
2. Is there enough support around you to manage any risk?
3. If you are actively involved with any other psychological therapies?
4. Can I offer helpful treatment within limitations of time?
5. Can I meet your level of need?

In the first session we also look a bit deeper into what has brought you to therapy and I will ask for some details about your circumstances. This is known as a Therapeutic Assessment.

It can be a little strange at first meeting me on your device screen. You will see my head and shoulders and I will have a cream curtain behind me. People do get used to it after a short time and then it often becomes 'the norm'!

NB If you are an adult who has children please make sure there is someone else who can look after them for your session time (and a little bit afterwards if possible). This needs to be arranged for each week, for the whole course of the therapy.

I am unable to do therapy at home if the issue you are living with is domestic abuse and you are still living with the perpetrator. Can I please direct you to the links in the **RESOURCE** area of my website who can offer support, advice and assistance or that you to arrange another safe and consistent place to be for our therapy sessions? Thank you.

I look forward to seeing you online and working with you.

Best wishes, *Justine*