

TERMS OF BUSINESS

Fees

To discuss my fee for an assessment/consultation, session or supervision, please use the contact form here <https://www.draurorafalcone.com/contact>. I offer lower fees for clients on low income and we can discuss this in our first appointment. I review my fees annually.

Missed sessions

Once we arrange a regular session time to meet, I shall keep that time free for you and shall not use it for anything else. I, therefore, require all my clients to notify me if they plan not to attend their appointment with me and to have at least 48 hours' notice for this. Appointments cancelled within this timeframe will be charged. *Please note I will not be able to keep your slot if there are repeated cancellations, irrespective of the notice.*

Billing and payment

I ask for payment after the assessment/consultation, session, or supervision has taken place and I will send the invoice on the day. I only accept settlement by bank transfer.

Therapy contract

I typically contract a number of therapy sessions with my clients following the assessment and I am guided by what is recommended by the NICE Guidelines (see link here <https://www.draurorafalcone.com/links>) and this can always be reviewed to reflect any changes. For example, sometimes clients may find that the difficulties they had when they first started therapy are no longer troubling them; however, they would now like to focus on another area of their life. Therefore, both therapy work and ending are planned carefully in advance. If a client is feeling ambivalent about therapy, I invite them to bring their thoughts and feelings to the session so that these can be explored.

Therapy process

During therapy, some clients may find that their difficulties can become more intense, particularly as they explore areas that they have been avoiding and have found/are finding distressing/traumatic. This should only be temporary/time-limited as we work on these problems and should lead to improvements over time as these difficulties are understood. Other clients may find that some of the interpersonal difficulties they experience with people in their life can be activated in their relationship with the therapist and this can be linked to them experiencing negative feelings. In this case, I invite the client to share their feelings with me to explore them so that they can be addressed – this is part of the therapeutic process.

Should a client need more support than I can provide alone, I will discuss this with them at that time.