

Rea Pearson

COUNSELLING, SEX & RELATIONSHIP THERAPY IN EXETER, DEVON & ONLINE
All relationships including LGBTQ+ Kink, Polyamory & Consensual Non-Monogamy



WORKING AGREEMENT

The Working Agreement is a mutual agreement between the therapist and client/s that explains the rights and responsibilities of both parties. It is an important part of the therapy process that keeps both parties safe by establishing the parameters of the therapeutic relationship, to help avoid misunderstandings and miscommunications.

By booking an appointment with me, you automatically agree to the following:

Therapy Aims and Objectives

The aim of therapy is to give you, the client/s, a safe, non-judgmental space to discuss anything that has been worrying you. I am here to explore your situation and thoughts with you, to help you find your own answers. You will set your own objectives, and these can be reviewed periodically. You agree to work with me as a joint endeavour to enable the best possible outcome. I will speak to you with respect at all times, and I would ask that you do the same with me and any of your partners who are present. You agree to ensure no physical harm to yourself, me, or others, and agree to cause no damage to property. In the event of any shouting, violence, or intimidation, I reserve the right to end the appointment prematurely, and no refund will be given.

Professional Membership

I am a member of the following professional bodies and abide strictly by their codes of ethics:

British Association for Counselling and Psychotherapy (BACP)

Registered Member 110872. MBACP (Accred).

BACP Ethical Framework: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/>

The College of Sexual and Relationship Therapists (COSRT)

Student Member Number: 4244

COSRT Code of Ethics: <https://www.cosrt.org.uk/wp-content/uploads/2022/02/COSRT-Code-of-Ethics-and-Practice-2022.pdf>

Frequency of Sessions

Many clients find it useful to come once a week to begin with, but it is up to the client to decide how many sessions they want, and how often they want them. My flexible booking system allows you to choose appointment times that are convenient for you. You are welcome to start and stop sessions at any time, and can book to see me even if you haven't attended a session for months or years.

Session Length

Sessions last 50 minutes and it is expected that the session will begin at the agreed time. Any session that begins after this time due to late client arrival cannot be extended beyond the agreed

finish time. If you do not arrive or attempt to make contact with me within 15 minutes of the agreed appointment time, this will be considered a cancellation. I will not be available for the remainder of the session and the full fee will be charged.

Sessions in Person

These are held at Obelisk View Therapy Room, 40 Shakespeare Room, Exeter, EX2 6BU. Further directions can be found here: <https://www.reapearson.com/location>. Clients arriving by car should park on the private drive available, as the roads in the surrounding area are subject to permit parking only. Where necessary, you are welcome to block me in. I ask that clients arrive as close to their booked time as possible. This is to help protect client confidentiality so that one person is not leaving as another arrives. It also means that parking is more likely to be available. Should you arrive early, please take a seat in the waiting room, and I will come to find you at the start of your appointment time.

Clients must be fully clothed in appropriate attire for a therapy session. If not, they will be asked to leave and no refund will be given. If a client arrives intoxicated or under the influence of any substances, the session will be cancelled, and the full fee still applied. Smoking is not permitted in the therapy room, or anywhere else on site.

CCTV

Visual/Close Circuit recording equipment may be present at some locations I practice from for the protection of the properties, individuals and prevention of crime. N.B. There is never recording equipment in the therapy room. CCTV recordings may be shared with relevant authorities if I am required to do so. It may be managed by an external security company and may be subject to access by others.

Covid Safe

In the event of another pandemic, clients may be required to have their sessions moved online although I will try to accommodate the preference of the client, where safe to do so. I have carried out a risk assessment and made my premises as safe as possible to be used as and when permitted to do so by the government. I have a large, private room that allows for social distancing with seats at least 2 meters apart, and good ventilation throughout the building. During times when pandemic numbers are higher than usual, there will be masks and hand sanitiser provided in the reception area, and all hard surfaces will be cleaned between sessions with antibacterial wipes. If you feel unwell before a session or find out that you have been in contact with someone who is infectious, please let me know, and we can continue online, or postpone (no cancellation fee will be charged). If you find out after a session that you have tested positive for Covid, please let me know as soon as you can.

Online Sessions

My preferred platform for online therapy is Zoom as it has a good track record for security, but I also offer Skype and WhatsApp, as these are sometimes more convenient for clients, and are also good backups for when there is a problem with Zoom. Please be aware that no platform is 100% secure, so by agreeing to online sessions, you do so at your own risk. Instructions on how the session will be run are provided in your confirmation email at time of booking. If you have problems connecting on the day, whether before or during the session, please call, email, text, or WhatsApp me. I ask that where possible, clients wear headphones, as this is better for privacy, and helps reduce feedback from the speaker. It is also better if you can make sure that your phone, tablet, or computer is free standing, so that the picture is not constantly moving, and that you are in close proximity to the microphone.

Please attend the session fully clothed, and choose an appropriate space, ie. not from bed, or in a bathroom or place with bad acoustics. Due to the sensitive nature of therapy it is important that you have privacy during your session, so please notify anyone else at your location to give you the space you need. You are responsible for the privacy of your environment to ensure confidentiality. Disturbances will still occasionally happen so a little bit of flexibility is available, should you need to answer the door for a delivery, or sort out an interruption from family or pets.

Contact Between Sessions

Clients may contact me during working hours (see below), but only to postpone/rearrange appointments. You can leave a message on my answerphone or message me via text, WhatsApp, or email. I aim to respond within 48 hours on working days. If you contact me outside of these hours, I will aim to respond within a couple of working days.

Emergencies

In case of an emergency please speak to a member of your support network, GP, or dial 111. During office hours, Mind can be reached on 0300 123 3393, or by texting 86463. Rethink's National Advice Service is on 0300 5000 927. For out of hours, The Samaritans can be reached on 116 123, or you can use the "Shout" crisis text line by texting SHOUT to 85258.

Data Protection and Privacy Policy

I am on the public register of data controllers and adhere to the Data Protection Act (1998), which you can read about here: www.legislation.gov.uk/ukpga/1998/29/contents. My privacy policy can be accessed in full on my website: <https://www.reapearson.com/privacy-policy>. The only client contact information I store are name/s, email address and telephone number. These are necessary to cancel or amend appointments and are stored on the booking system, which meets the necessary privacy guidelines. I also keep very basic notes as an aide-mémoire. This information is encrypted and stored in keeping with the BACP and COSRT's requirements for confidentiality and is held in compliance with the Data Protection Act. Notes are destroyed when no longer required.

Neither you (the client) or myself (the therapist) will record/tape a session nor allow audio or visual transmission of sessions to third parties. Consent in writing must be sought by either party where one seeks to do so.

Confidentiality

Everything discussed in therapy is entirely confidential between the client/s and therapist. The only exceptions to this are:

- Where there is an immediate risk of serious harm to you or a third party, particularly a child.
- Where statutory law requires me to inform the relevant authorities, such as terrorist activities, drug trafficking, or abuse of a child or vulnerable adult.
- In adherence with good practice and compliance with my professional associations, I receive regular supervision with a fully qualified BACP-accredited or COSRT-accredited supervisor who is bound by their Code of Ethics and Practice. Should I discuss aspects of my work with you, I will refer to you by your first name only.
- If compelled by a Court of Law to disclose information or notes I keep.
- In the event of my death or sudden incapacity to practice, a qualified colleague bound by the same rules of confidentiality will contact you to inform you. They will only have access to basic contact details, and not any further notes.
- Where you have given me your explicit consent, for example in writing a letter of support on your behalf.

I will always do my best to inform you of any breach of confidentiality before it happens so that you are fully aware of what information is released, and who knows. I will never reveal any confidential information shared in an individual session with partners, without the prior consent of that individual.

Supervision

In accordance with the BACP and COSRT's Code of Ethics, I attend regular supervision, which is an important part of my own self-care, and to help provide you with the best possible service. My supervisors are bound by the same professional standards as me. All discussion of my work in supervision is carried out respectfully and with the utmost concern for your privacy. No identifying information is given.

Complaints Procedure

If you are unhappy with any aspect of your therapy then I would ask that if you feel able to, that you raise it with me first, so that I can do my best to address your concerns. However, if you feel that you can't talk to me, or that my work is in any way unethical, you can contact either the BACP or COSRT who will guide you through a complaints procedure.

Signposting On

Sometimes it is necessary for me to refer clients to other professionals. When this is the case I will discuss it with you first, so that you understand my reason for referring you, and will try to recommend some appropriate contacts who can help meet your needs.

Outside of Therapy

If I see you in public, I will not be the first to acknowledge you as some clients do not wish their friends or family to know that they are in therapy. However, if you stop me to say hi, I will usually be more than happy to say hello, but not to discuss any matters that have been talked about during therapy.

Social Media

You are more than welcome to follow my Facebook business page at <https://www.facebook.com/ReaPearsonCounselling>. However, please do not add any of my personal accounts on Facebook or Instagram, as I will not be able to accept your request.

Session Fees

- **Therapy for Individuals:** £90 per 50 minute session
- **Therapy for Couples or Polycules:** £110 per 50 minute session
- **Supervision** £90 an hour, or £135 for 90 minutes.

Fees are reviewed regularly and may be subject to change. Clients will always be given at least a month's notice before any changes are applied.

Method of Payment

Payment is to be made at time of booking, by credit or debit card.

Cancellations

The full session fee will be charged unless I am given 72 hours' notice of cancellation. If you are unable to make it at the last minute due to an emergency, please let me know at your earliest opportunity, and I will do my best to reschedule the appointment at no extra cost to you.

Working Hours

09:00-20:00 Monday to Thursday

Closed Fridays, Saturday, Sundays, & Bank Holidays

Contact Details

Call, Text, or WhatsApp: **07773 681337**

Email: **ReaCounselling@gmail.com**

Website: **www.ReaPearson.com**

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