

PRACTICE INFORMATION

Gillian James M.B.A.C.P.

Diploma in Person Centred Counselling, Diploma in Childhood Bereavement

Meetings: Sessions are up to sixty minutes and usually on a weekly basis, although this frequency may be negotiated.

Fees: My fees at the present time are £45 per hour; any changes will not apply to existing clients. I offer reduced rates to counsellors in training and also those working in the voluntary sector. For those experiencing financial hardship my fees are negotiable. Supervision fees are £55 per hour. Supervision fees are negotiable for those working in the voluntary sector and those in training.

Cancellations: If you have to cancel for any reason there will be no charge unless there is less than 24 hours notice in which case I shall ask for 50% of the fee.

Holidays and breaks: I usually take Bank Holidays throughout the year and a holiday in the spring and the summer. I shall endeavour at all times to give you several weeks' prior notice when a break is due.

Ending: The ending of therapy will be your decision, but because it is an important part of the therapeutic process, it is something we should work towards together.

Confidentiality: All our work is strictly confidential and bound by the ethical framework of the British Association for Counselling and Psychotherapy. Accordingly, I am required to have regular supervision, where our work together may come under discussion and is equally bound by the same rules of confidentiality. Any exception to confidentiality would arise were there reason to feel that you may be in serious danger to yourself or others. Under such circumstances, wherever possible, this would be a matter for us to consider together. Any decision to break confidentiality would never be taken as a matter of course and would only occur after consultation with a counselling supervisor.

Qualifications: I qualified as a Registered Nurse and Midwife and worked as a Midwife for more than 25 years. I hold a Diploma in Person-Centred Counselling from The University of Warwick and a Diploma in Childhood Bereavement from the University of Middlesex. I have a further certificate in Complicated Grief. I am a qualified and experienced Supervisor of Counsellors. I have extensive experience working with those who have a life limiting condition their families and friends. I also have extensive experience in training in Loss and Grief.

Professional Accountability: I am a member British Association of Counsellors and Psychotherapists. I accept the BACP Ethical Framework and in the case of complaint would be subject to their disciplinary procedures.

Should you have any queries about these or any other points about my practice and our work together, I hope you feel you will feel able to bring them up at any time.