

Psychotherapist into a situation to help you overcome a phobia.

If your counsellor or psychotherapist proposes a change in venue for the counselling sessions without good reason do not agree. For example, from a centre to the counsellor's or psychotherapists own home.

Research has shown that it is not beneficial for patients to have sexual contact with their counsellor or psychotherapist. Professional bodies in the field of counselling and psychotherapy consider that it is unethical for counsellors or psychotherapists to engage in sexual activity with current patients.

If you have any doubts about the counselling you are receiving then discuss them with your counsellor or psychotherapist. If you are still uncertain, seek advice, perhaps from a friend, your doctor, your local Citizens Advice Bureau, the professional body your counsellor or psychotherapist belongs to, or the counselling agency that may employ your counsellor.

Footnote: Counselling supervision is a formal arrangement where counsellors discuss their counselling in a confidential setting on a regular basis with one or more professional counsellors.

Adapted with permission from Dr. Stephen Palmer & Kasia Szymanska, The Rational Emotive Behaviour Therapist, Volume (2) 1, 1994, pages 25-27.

***Please call 7-9 pm for
free and confidential
advice 07976895298***

**Our practice is based at
SPIRE Parkway
Hospital**

**Out Patient
Appointments**

0121 704 1451 or write to us at:

SPIRE Parkway Hospital Damson Parkway,
Solihull, West Midlands. B91 2PP

Mobile: 07976 895298

Email:

michaeltownend@cognitivebehaviourtherapy.co.uk
or louiseiannetta@cognitivebehaviourtherapy.co.uk

Web Site:

www.cognitivebehaviourtherapy.co.uk

Scope of Insurance Cover

All insured patients are advised to check with their insurers that intended treatments are fully covered.

Estimates of Cost

Many patients like to have a clear idea of cost. I will advise you on request of the fees normally associated with treatment.

**Michael Townend &
Louise Iannetta**

**Cognitive Behavioural
Psychotherapists**



**SEEKING THERAPY
INFORMATION**



Introduction

Cognitive Therapy, Behavioural Therapy and Cognitive Behavioural Psychotherapy are three closely related forms of therapy. They are all based on research findings and theories of behaviour change and learning.

The focus of all three therapies is mainly, although not exclusively on the here-and-now, rather than the past.

Therapy is time limited. A typical course of therapy lasts between 8 and 20 sessions with regular measurement and evaluation of progress. It can be used to help people irrespective of their intelligence, insight or disabilities.

The main goal of therapy is to help individuals, families or couples bring about coping and changes in behaviour or thinking.

For further information about this type of therapy please refer to my leaflet ***Referral and Programme Information for Health Professionals and Patients***. This can be sent to you free on request. Alternatively please feel free to contact me directly if you wish to discuss in **confidence** your individual therapy needs.



Issues to Consider in Selecting a Counsellor or Psychotherapist

Here is a list of topics or questions you may wish to raise either before or at your first (assessment) session:

- Check that your counsellor or psychotherapist has relevant qualifications and experience in the field of counselling/psychotherapy.
- Ask about the type of approach the counsellor uses, and how it relates to your problem.
- Ask if the counsellor or psychotherapist is in supervision (most professional bodies consider supervision to be mandatory; see footnote).
- Ask whether the counsellor or psychotherapist or the counselling agency is a member of a professional body and abides by a code of ethics. If possible obtain a copy of the code.
- Discuss your goals/expectations of counselling or psychotherapy.
- Ask about the fees if any (if your income is low, check if the counsellor operates on a sliding scale) and discuss the frequency and estimated duration of counselling or psychotherapy.

- Arrange regular review sessions with your counsellor or psychotherapist to evaluate your progress.
- Do not enter into a long-term counselling or psychotherapy contract unless you are satisfied that this is necessary and beneficial to you.
- If you do not have a chance to discuss the above points during your first session discuss them at the next possible opportunity.

General Issues

Counsellor or psychotherapist self-disclosure can sometimes be therapeutically useful. However, if the counsellor or psychotherapist discussing his/her own problems at length dominates the sessions, raise this issue in the counselling session.

If at any time you feel discounted, undermined or manipulated within the session, discuss this with the counsellor or psychotherapist. It is easier to resolve issues as and when they arise.

Do not accept significant gifts from your counsellor or psychotherapist. However, this does not apply to relevant therapeutic material. Do not accept social invitations from your counsellor or psychotherapist. For example dining in a restaurant or going for a drink. However, this does not apply to relevant therapeutic assignments such as being accompanied by your counsellor or