



**NORTHERN BEACHES COUNSELLING**

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**INFORMATION FOR COUNSELLING CLIENTS**

Welcome to Northern Beaches Counselling. The following general information is provided for all clients accessing our Counselling services. The information below outlines our office hours, cost of sessions, cancellations, confidentiality, access to files and consent. Further questions about this may be directed to me on the above email address or via my mobile phone.

**Counselling Service**

Northern Beaches Counselling provides Counselling/Psychotherapy and Hypnotherapy for individuals and couples of all ages needing help with stress and anxiety-related conditions or relationship and communication issues.

**Office Hours**

Lidy is available by appointment only. These sessions can be conducted in my rooms in Mona Vale or online or by phone if preferred.

**Cost of Sessions**

For an individual appointment with Lidy the initial session fee for 1½ hours is \$285.00. The subsequent hourly sessions are \$210.00.

For Couples Counselling the initial session fee is \$320.00. The subsequent hourly sessions for Couples are \$235.00.

Multiple session packages are available.

These fees and times are open to some negotiation for students or pensioners or for clients experiencing financial difficulties.

It is asked that payment be made at the conclusion of all sessions by card or cash. However, if you would like to pay by some other means please check with us prior to your session.

**Cancellations**

If for some reason you need to cancel or postpone an appointment, please give us at least 24 hours' notice. Cancellations with less than 24 hours' notice will be charged at

50% of the scheduled fee for the first cancellation, and at full fee for any subsequent cancellation.

### **Confidentiality**

As part of providing a counselling service to you, we may need to collect and record personal information from you that is relevant to your current situation. All our discussions with you and all personal information gathered from you is confidential and will remain so except when:

- It is subpoenaed by a court, or
- Failure by us to disclose the information would place you or another person at risk, or
- Your written approval has been obtained to provide a report or to discuss your situation with another person eg GP, lawyer, parent or employer, or
- We discuss our work with a professional supervisor. This is standard practice and helps us to give you the best service we can. Our supervisors are bound by the same Code of Ethics and Confidentiality as we are.

NB. In the event of any issues being raised about which we feel a need to report we will inform you of our obligations in this regard and discuss with you the consequences of this occurring before taking action.

### **Access to Files**

You may access the material recorded in your file upon request.

### **Consent**

The contents of this information document are both a cost agreement and a contract for the provision of counselling services provided by Northern Beaches Counselling. Your acceptance of the points raised in this document will be recognised by your scheduling an appointment with us or by your attendance at your first session.

If you are unsure of any information in this letter, please do not hesitate to contact us.

Regards

Lidy Seysener