



## Terms and Conditions

### CANCELLATIONS

Less than 24-hours-notice will require payment of the full fee. Please give as much notice as possible. Where possible an alternative appointment will be offered. If more than 4 appointments are cancelled (with good notice) then a fee will be charged. If you need to cancel sessions for a prolonged period a retaining fee of £10 per session to hold your regular appointment will be required. In the case of an emergency and Jennifer must cancel a session she will give as much notice as possible. You will not be charged for the lost appointment

### CONTACT BETWEEN SESSIONS

Please make changes, or advise of cancellations, to appointment times during your session. The exception to this would be in the event of illness or unexpected life events.

### DURATION AND REVIEWS

Depth exploration in psychotherapy can take anywhere between 2 and 5 years, although shorter periods, e.g. anywhere between 3 months and 2 years is possible. It is not easy to predict how long anyone may wish or need to continue having Body Psychotherapy, but regular reviews will clarify as much as possible. Generally, reviews will be every 3-6 months.

### CONFIDENTIALITY

The sessions you book with Jennifer are confidential. However, Jennifer's work is supervised, and she may discuss what happens in sessions with her supervisor. At all times, your name and details will not be revealed, and your anonymity is guaranteed. *The exception to the confidentiality would be if I felt you or anyone else was at serious risk. I would discuss this with you (if possible) before talking to anyone else about my concerns.*

### COMPLETION OF BODY PSYCHOTHERAPY

Clients may stop their sessions at any time but are asked to allow a period for the ending of sessions. This enables the completion, where possible, of what has been explored.

### HOW TO MAKE AN APPOINTMENT

A preliminary appointment is always made to ascertain whether Body Psychotherapy is the right therapy for you. There is a fee of £45 for this appointment which will take an hour to complete. If Body Psychotherapy is the right therapy for your appointments can be scheduled for you.

### CONTACT DETAILS:

Email: [Jennifer@mybodybrain.com](mailto:Jennifer@mybodybrain.com) Tel: 07733 175533