



NEW CLIENT – STEP BY STEP INTRODUCTION

1. The therapist welcomes the client to the therapeutic space. Explains the boundaries of the space:
Time - 50 mins for adults, 40 mins for children and adolescents.
Space – if the client leaves the room during the session it is taken that they have left the process. They are however, welcome to return at any point and the space will be held for them by the therapist until the end of the session. The therapist will not go looking for them but will, once the session time has ended, make contact (phone call, text, email) to check in with them and inform them that during the next session the act of leaving will be worked on to understand it's importance.
Task – to work on issues the client has disclosed to the therapist and to face those that may emerge during the process that have remained undisclosed, known or unknown.
2. The therapist will inform the client of their training background and style of therapy, their code of ethics (link provided on consent to treat form), confidentiality, who the therapist is insured with (PPS Trust, Psychologists Protection Society) and information on their supervisor (Shelley Bockstael, clinical psychologist, psychoanalytic psychotherapist, play therapist) .
3. Results are not guaranteed and the client has the right to terminate treatment at any time and for any reason.
4. A significant part of treatment will involve discussing the details of events that may have been abusive, neglectful, stressful, and/or traumatic, because of their relevance to the clients process. This may be difficult, may evoke emotions, and/or may cause upset – it is not the therapists intent to cause the client distress but rather to lower the clients distress through a process of desensitization.
5. Should a child safeguarding issue arise, for example, a disclosure of harm that **has** happened, **is** happening, **at risk** of happening or **historical** the therapist as a mandated person under the child care act 2015 is legally obligated to make a report to Tusla. The Act defines harm as assault, ill-treatment, neglect or sexual abuse, and covers single and multiple instances. The client and or parents/guardians will be informed that such a report is being made.
6. The therapist can be reached after business hours by phone or email **if urgent**. Appointments must be cancelled 48 hrs in advance or the client will be charged for the appointment.