



curiosityspotuk@gmail.com
T. 07889 469 583
curiosityspot.co.uk

Counselling Initial Consultation Information

Thank you for contacting me regarding counselling. My name is Louise and I run Curiosity Spot. Because I know that the relationship you have with your counsellor can make a difference in how useful you find therapy, I offer a free telephone consultation (up to 30mins) for all potential clients. This is so you can ask any questions you might have about me and my practice and so I can make sure that I am able to support you. You can find out more information about me and how I work on my website www.curiosityspot.co.uk.

On the following pages are some details of the areas I will want to ask you about in our telephone call to check we can work together, including some additional questions if we are meeting online or outside. You might want to have a think about them before our call.

What will happen next?

If you haven't already, you can book an initial consultation call by contacting me on 07889 469 583 or curiosityspotuk@gmail.com.

If after our telephone consultation, we decided that we can work together, we will book you in for a first session. I will then send you an email with some further information and some forms for you to complete and send back to me. This will include:

- A link to copy of my counselling contract and privacy statement which you will need to agree to prior to our first session.
- A link to complete an online information sheet which will ask for things like your contact details, emergency contact information. This will need to be completed, signed and a copy returned to me prior to our first meeting.
- Details of how to make payment via bank transfer.
- Online sessions Guidance on setting up a zoom account and accessing our meetings.
- Walk and Talk Sessions details on the location of sessions and practical guidance on what happens if the weather is deemed dangerous

If you have any questions about this information you are welcome to contact me prior to our first session to get clarification. Alternatively, we can discuss any questions during the initial session.



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Topics for Everyone.

What has brought you to counselling

I will ask a little bit about what area(s) you would like to look at in counselling and any support you may have received in the past. This is also an opportunity for you to ask questions about how I work and check if I feel like the right therapist for you. I'll also check that I feel I have the right skills and experiences to support you. For example, I don't work with eating disorders and sexual abuse because I know there are therapists who specialise in these areas and for me making sure I am working safely and ethically means referring clients in these instances.

Risk

I will specifically ask about any risk of harm to you (current and past). This is because I want to make sure that you are receiving the most appropriate support from the outset. Disclosing any risk will not necessarily mean that we cannot work together, but online counselling is not suitable for people in crisis so it's important that we have an honest conversation so we can check the type of counselling is suitable. If we decide that there are other types of counselling or more specialist support are more appropriate, I will try to support you to access this where possible.



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Online Sessions

Technology

Online sessions take place over a secure system called Zoom which gives us the opportunity to both see and hear each other. Zoom can be accessed on a desktop/laptop as well as via a smartphone app and you would be asked to create a free account with zoom prior to our first meeting. You will need to have an internet connection that can support this type of working, if your connection is slow or unstable online sessions may not be appropriate. We will talk about your familiarity with using technology and how comfortable you feel using it for counselling as part of the assessment.

Confidentiality.

Think about where you will be when you access our sessions, will you be comfortable and will you have privacy. It will be very difficult to conduct counselling if you are worried about people overhearing you or if you are being interrupted by other people. We will talk about where you plan to access sessions because, if you haven't got a suitable space, online sessions may not be right for you.

Walk and Talk Sessions

Mobility

Because we will be walking for about 50 minutes, I will check that you will be able to manage this with ease. The areas I use, all have well maintained paths, although in place they are narrow and there are some gentle slopes and several benches to pause at. I will also ask about any health conditions that may impact on your ability to take part in the sessions or that I may need to be aware of in case of emergencies.

Confidentiality.

Because walk and talk sessions happen in public spaces, it is likely that we will see other people. We will talk about how this might impact on therapy and how you would like to respond if we see someone one of us knows or if someone speaks to us.