



INFORMATION ABOUT APPOINTMENTS

Hello,

Thanks for getting in touch for your interest in Glasgow Anxiety and Depression Counselling Services (GADS).

This information sheet includes some detailed information about we can offer you. This information will help you determine if what we offer suits you and your needs. We try to be transparent and detailed about how we work and what we offer so potential clients can make informed decisions about therapy. Please feel free to browse the website for more information about what we do and can offer: www.glasgowanxietydepression.co.uk

What We Offer and Costs

- We are fully qualified and insured Integrative Cognitive Behavioural Psychotherapists, CBT Therapists, Integrative Psychotherapists, Solution-Focused Therapists, Clinical Hypnotherapists, Systemic Therapists and Person-Centred Counsellors. We are currently able to offer various forms of one-to-one psychotherapy, counselling and therapy in-person at our offices Glasgow city centre. We also offer online appointments due to the current COVID-19 situation.
- **Note about COVID-19:** we are able to offer online appointments (via Zoom) and in-person appointments (in our offices in Glasgow city centre). In-person appointments are still permitted during lockdown periods as psychotherapy and counselling services are categorised under the Support Services section of the Scottish Government Guidelines (email us for the most up-to-date guidelines). We also follow guidance from our insurance companies and professional bodies regarding in-person appointments during the COVID-19 situation. Our practices all have clear COVID-19 safety guidelines in place and risk assessments are regularly completed.
- Double sessions are available. You don't need a GP/other referral to access therapy - you can make appointments without referral.

Appointment Availability

- Please see the email you will have received that lists each therapist's available appointments (online and in-person).

Location (in-person and online)

- We see clients in my own office/practice in West Regent Street, near the corner of Blythswood Square, in Glasgow city centre. Please note that the offices do not have disabled/limited mobility access (it's up some stairs with no lift). Due to the ongoing COVID-19 situation, some therapists are remaining online only (or online in addition to in-person). Online appointments are via Zoom.

Type of Therapy

- It's really up to you what type of therapy you wish to engage with. This is something you would chat about at the initial Assessment Session with the therapist. While we are qualified in various types of therapy, we all work integratively, meaning that we work with the client's own individual needs, preferences, stage in life, other factors in life etc. and to accommodate your own way of working. So this might be some CBT therapy, some coaching, some compassion focused therapy, perhaps some person-centred counselling, schema therapy, existential therapy, mindfulness, ACT, DBT etc. - your therapist will be working with various techniques and tools tailored to you and how you might like to work in therapy. We have worked with a wide range of clients over the years, using various approaches, and on a short-and-long term basis.
- We work in accordance with the goals of each individual client and what you would personally like to achieve from therapy. Everyone is different in how they work, learn and use therapy and so it would be individually tailored to you - which is why the initial Assessment Session is important - it's about getting to know you better, on a one-to-one basis, and exploring your goals for therapy.

Therapist Information

- The therapists we currently have here are: Alexandra, Amanda, Claire, Fiona, Jackie, Jamie, Jane, Julie, Laura, Michelle, Sana, Sharon, Sue and Wendy. The appointments they currently have available will be listed in the email reply.
- All therapists here are highly qualified and experienced who work here in private practice with us and our partner practices. Our therapists also work in other settings on other days/daytime, including third sector organisations, EAP agencies, insurance/rehabilitation services, NHS, private hospitals, and their own private practices. So, you know you are in safe hands with our therapists. Here's some brief information about our therapists:
- **Alexandra:** Lead/Senior Psychotherapist and Clinical Director and fully qualified and accredited psychotherapist. She is an Integrative Psychotherapist and Cognitive Behavioural Psychotherapist and can provide psychotherapy from a CBT, person-centred, integrative, DBT and humanistic/existential approach. She has a background in psychology and research and was previously director of a leading eating disorders charity in Scotland. She is also a clinical supervisor, lecturer and trainer in psychotherapy

and counselling and supervises the clinical work of trainee therapists and a team of qualified psychotherapists and counsellors

- **Amanda:** is an Advanced Integrative and Cognitive Behavioural Therapist, Solution-Focused Brief Therapist and Clinical Hypnotherapist. She offers Couples Therapy and Relationship Counselling too. Amanda can work with adults and children over 14. Amanda also works integratively so that therapy sessions can be tailored to you and your needs at the time.
- **Claire:** is a trainee CBT Therapist in her second year and will graduate from her course and become a fully qualified therapist in summer 2022. She has worked with a wide range of clients including eating disorders, anxiety, low mood, stress, worry, assertiveness, panic and more. Claire is supervised by two clinical supervisors, her training college and engages with group supervision here and at her training college. Please note, that as a trainee therapist, Claire is **required to record all sessions** with his clients. This is standard practice with all trainee therapists (we all had to do this as trainees). Recordings are private and confidential and will not be shared with anyone except Claire's clinical supervisor. The reason they are recorded is to help Claire write a Case Study of her clinical placement and discuss her learning and development with her clinical supervisor. Random sections from any client (he is required to do at least 100 hours of therapy with many clients) may be selected and recordings are anonymous, private and confidential and deleted after use for reflection. Claire will ask you to sign a consent form of this in the first session.
- **Jackie:** is a fully qualified Cognitive Behavioural Therapist and Integrative Therapist who has experience of working with clients experiencing a wide range of concerns and difficulties particularly stress, anxiety, low mood, difficult emotions, trauma and more. Jackie is also a qualified Coach and can provide coaching services too. Jackie has a background in HR and also understands the impact of the workplace on mental and emotional health.
- **Jamie:** is a newly qualified CBT Therapist and Integrative Counsellor. He has worked with clients experiencing a range of difficulties and concerns including eating disorders and disordered eating; anxiety; depression; confidence and self-development; difficult emotions; panic; low self-esteem and more. Jamie did his clinical placement with us and is now a fully qualified CBT Therapist and Counsellor. Jamie has joined our team as a newly qualified therapist and is part of a mentoring scheme here at the practice, for newly qualified therapists.
- **Jane:** is a fully qualified and experienced Integrative Psychotherapist and Counsellor who works with adults and children over 14 years of age. Jane is integratively trained and incorporates elements of the various modalities she is trained in so she can tailor therapy, as much as possible, to you and your needs at the time. Jane works from a person-centred, psychodynamic and CBT approach and often integrates creative approaches into therapy too, should you benefit from that too. Jane has worked with clients experiencing a wide range of concerns and problems including anxiety, depression, difficult emotions, relationships difficulties, abuse, family issues, bereavement and more. She has a specialist interest in eating disorders/disordered eating and self-harm. Jane has previously worked in CAMHS and other mental health

settings and charities. She also offers mental health training in various capacities.

- **Julie:** a fully qualified and experienced Integrative Psychotherapist and Counsellor. Julie is integratively trained and incorporates elements of the various modalities she is trained in so she can tailor therapy, as much as possible, to you and your needs at the time. She has experience of working in various settings including eating disorders, prisons and private practice. She works with a wide range of clients presenting with various difficulties and concerns including eating disorders, body image, relationships, anxiety, depression, personality, anger, self-esteem and much more. She is currently completing further advanced training in Psychosexual Therapy to master's degree level. Julie has basic sign language skills. Julie can work with adults and children over 14.
- **Laura:** is a trainee Human Givens Therapist in second year of her clinical training course. She has worked with a range of clients, including children including eating disorders, anxiety, low mood, stress, worry, assertiveness, panic and more. Claire is supervised by two clinical supervisors and by her training college. She also engages with group supervision and check-ins here. Please note, that as a trainee therapist, Laura is **required to record all sessions** with her clients. This is standard practice with all trainee therapists (we all had to do this as trainees). Recordings are private and confidential and will not be shared with anyone except Laura's clinical supervisor. The reason they are recorded is to help Laura write a Case Study of her clinical placement and discuss her learning and development with her clinical supervisor. Random sections from any client (she is required to do at least 100 hours of therapy with many clients) may be selected and recordings are anonymous, private and confidential and deleted after use for reflection. Laura will ask you to sign a consent form of this in the first session.
- **Michelle:** is a fully qualified Person Centred and Humanistic Therapist and Integrative Therapist who can also offer Rewind Trauma Therapy. Michelle also offers Grief and Bereavement Counselling and Trauma Counselling. She often uses creative techniques in therapy, when suitable and required by the client. Michelle has worked in a variety of settings offering psychotherapy and counselling. She works with a range of concerns including trauma, bereavement, anxiety, depression, self-esteem anger, relationships, difficult emotions and a range of other problems and concerns. Michelle has a special interest in bereavement, grief and loss too. She also has a background in psychology and integrates elements of that into therapy too.
- **Sana:** is a fully qualified Cognitive Behavioural Therapist and Integrative Therapist. She is a newly qualified therapist and is part of a mentoring scheme here at the practice, set up for the growth and development of newly qualified therapists. Sana has experience of working with clients experiencing a wide range of concerns and difficulties including trauma, anxiety, depression, grief, relationships, difficult emotions and eating issues. Sana also works in a third sector bereavement counselling service in addition to our three practices here. Sana is currently studying for a master's degree in psychology alongside her clinical work here and at another company.

- **Sharon:** JOINING THE TEAM IN MARCH 2022 is a fully qualified and experienced Systemic Psychotherapist and qualified Family Based Therapist too. Sharon is also a registered nurse too. She has experience of working with children adolescents, adults, couples, individuals and families. She has worked with clients experiencing a range of concerns and difficulties including mood, anxiety, depression, parenting, divorce, infidelity, relationships, anger, self-esteem, assertiveness, eating disorders, grief, trauma, group/relationship/attachment issues, and a wide range of other problems. Sharon has experience of working in the NHS and private sector, including CAMHS, adult psychiatry, private practice and our practices here.
- **Sue:** is a fully qualified Cognitive Behavioural Therapist and Integrative Therapist who has experience of working with clients experiencing a wide range of concerns and difficulties including depression, anxiety, trauma, body image, emotional regulation, eating disorders, self esteem and many more concerns and difficulties. Sue also works in a third sector counselling service in addition to our three practices here. She also has experience of group work in the therapy field.

Wendy: is a fully qualified Person-Centred and Integrative Therapist and Counsellor. She can also provide Trauma Therapy. She has previously studied psychology prior to her clinical training in counselling and psychotherapy and has a degree in psychology. Wendy has worked with a large range of individuals and groups experiencing emotional and mental health concerns in various settings and in various roles. Wendy also works with a wide range of clients in therapy experiencing various emotional, personal and mental health difficulties. Wendy can work with clients over 16 years old. Wendy has experience of providing therapy at our practices here, and in other private and charitable settings. Wendy aims to tailor therapy and counselling, as much as possible, to each individual client.

- The length of therapy depends on various factors and is determined by each client. There is no expectation of pressure regarding the number of sessions you have – that's up to you.
- Therapy can be on a short-term or long-term basis. For clients on a longer-term basis, we would review every 4-5 sessions or so to monitor progress, decide on whether to continue etc.

Working Agreement

- I will send over a copy of Working Agreement should you book an appointment. All therapists have Working Agreements to ensure your safety, privacy and confidentiality as well as that of the therapist. If you have any questions about it at all, please just let me know.

First Appointment: The Assessment Session

- The first appointment is called an Assessment Session. It's an information-gathering session to help your therapist get to know a little bit more about what's brought you to therapy and assess how they might support you. This session also helps to establish whether therapy would indeed be a useful and appropriate approach for you to engage in. It also gives you the chance to also assess if it's the right therapist and approach for you. You will then mutually agree with your therapist on how to progress with therapy sessions, as well negotiate dates/times of appointments.

Payment

- Appointments must be paid for in advance of your appointment (and within 24 hours after your previous appointment ending). Your first appointment, i.e. the Assessment Session, is paid when you book the appointment. This is done via BACS transfer. Any appointments made after the first appointment are paid, in advance of the next appointment (so you pay at the end of the session for the next session in cash, via BACS or cash machine (if applicable)). Appointments are not booked until payment has been made and the appointment is not secured until you pay (i.e. it may be offered to someone else looking for an appointment). You will be given a receipt each time you pay (cash only). If you do not return to therapy, for whatever reason, your payment will be returned to you via BACS, provided 48 hours cancellation notice is provided.
- The current fee for one-to-one therapy ensures that the costs of each therapy session are covered, including room hire, insurance, travel, professional membership fees, CPD, clinical supervision etc. which are all mandatory for qualified therapists.

Professional Memberships

- Each therapist adheres to the ethical and professional standards of various membership bodies including COSCA, BABCP, BPS, BACP, NMC, ASFH, UKCP and NCH. We have memberships with other organisations too and hold PVG/Disclosure Scotland, Data Protection Certificates with ICO and professional indemnity insurance.

I try to provide as much information as possible though, so that potential clients, including yourself, can make an informed decision about participating in therapy.

What to Do Next

If you wish to proceed with an initial Assessment Session, please let me know and we can arrange this. I will ask you to complete the online Appointment Form before booking any sessions as we require some details before proceeding with booking appointments. You will also be asked to pay for the session, in advance, to confirm the booking. I will also email you a copy of the Working Agreement so you can read

this before therapy and/or counselling sessions begin. Please note all information provided is private and confidential.

Thanks again for getting in touch and please do not hesitate to get in contact to book an appointment, if need more information or have any questions. I look forward to hearing from you.

Best wishes,

Alexandra

Alexandra O'Brien
Clinical Director, Lead Psychotherapist and Clinical Supervisor
Glasgow Anxiety and Depression Counselling Services (GADS)