

Therapy briefing note

British Association of Counselling and Therapy

Your therapist is a member of the BACP, and therefore has to adhere to their ethical and professional requirements. These are attached in separate document.

Key assumption about the client

- Clients are not broken – they are essentially whole and perfect as they are and are just thinking, feeling or acting more or less effectively at any point in time.

High level aims

- Powerful way of exploring a client's personal beliefs, attitudes and values, and understanding how these shape their experience of life and behaviours.
- Encourages clients to move towards successful resolution of their issues, challenges and opportunities.
- Journey of reflection, discovery and self-awareness combined with action, motivation and goal orientation.

Specific aims to help the client

- Find clarity on an issue (ascertain what you really want as opposed to think you want)
- Gain purpose (comes with focus and determination)
- Become more self-aware (consciously competent / incompetent)
- Set meaningful and challenging goals (future oriented)
- Break issues and/or goals into manageable chunks
- See where they are at now and re-assess
- Recognise resources they possess (enablers to action)
- Explore ways forward to achieving success (identity solutions)
- Take specific targeted action as appropriate
- Set deadlines and commitments as appropriate
- Challenge limiting thought patterns (disablers to action)
- Review results and learn from successes and failure
- Look at situations differently and gain new insights
- Understand own motivations better
- Change direction from habitual and sedimented thought and behavioural patterns
- Get to the core of what stops them moving ahead in their life

Role of Therapist	Role of Client
<ul style="list-style-type: none"> To be non-judgemental, objective & open throughout the therapy process 	<ul style="list-style-type: none"> To take responsibility for their decisions and choices reached during the therapy session
<ul style="list-style-type: none"> To focus on goal & outcome of client 	<ul style="list-style-type: none"> Recognise that 'therapy' is a relationship with your therapist that is designed to facilitate the exploration of a clients issues, and develop a plan/strategy for achieving those goals.
<ul style="list-style-type: none"> Encourage & challenge client to reach full potential 	<ul style="list-style-type: none"> To be as honest and open with therapist as possible
<ul style="list-style-type: none"> Support client during their exploration 	<ul style="list-style-type: none"> Be willing to embrace any necessary change to aid attainment of goal
<ul style="list-style-type: none"> Ensure location of sessions is private & conducive to development 	<ul style="list-style-type: none"> Be open to consider any feedback you may receive from the therapist
<ul style="list-style-type: none"> To observe confidentiality of all discussions at all times unless there is a potential for a risk to self or others 	<ul style="list-style-type: none"> Be open to challenges to your thoughts, ideas and working practices
<ul style="list-style-type: none"> Agree with client when an issue cannot be dealt with through this therapy agreement 	<ul style="list-style-type: none"> To give at least 48 hours notice if unable to attend a therapy session, otherwise the full price of the session will be payable
	<ul style="list-style-type: none"> Ensure uninterrupted therapy sessions
	<ul style="list-style-type: none"> Give therapist feedback on sessions