

Frequently asked questions & Terms and Conditions of receiving treatment

How does Solution Focused Brief Therapy work?

Solution Focused Brief Therapy (SFBT) differs from other types of therapy as it focuses on your preferred future. I help you in developing a description of the life that you want. My role is to guide you in identifying changes you would like to make that will help you achieve the life you want.

I can also help you cope better with something that you cannot change or have no control over.

I also offer the Rewind technique for Trauma/PTSD & Phobias. I have been trained by Dr David Muss - for more information please click on this link www.iartt.com

What is the General Data Protection Regulations, 2018 (GDPR) and how does it affect me?

The GDPR replaces the 1998 Data Protection Act to ensure your personal and sensitive, confidential data is kept private and held securely, being processed in the way that you have agreed to. It is there to protect your rights as a consumer of a service or product that might involve your identifiable data, e.g. your name and address or whether you have a specific condition. It also covers any session records, text messages or emails we exchange. **For more information you can read the policy documents accessible on my website <http://www.adlamtherapy.com>**

Working online - security I use Zoom.us to host my online meetings. Their privacy policy can be found here www.zoom.us/privacy-and-legal

How long will you hold my information for?

I must hold your data for 8 years after your final session. Unless you are a child, in which case I must hold your data until your 25th birthday, unless you are 17 when treatment ends and then I must keep it until your 26th birthday. Therefore, all records will be deleted in the January after the above retention scales. This is in line with NHS regulations for holding data.

What if I don't want my records to be held for that long?

Under the GDPR you can make a request in writing to me, for all your records to be deleted. In this case all your paper records would be shredded with a cross shredding machine and any electronic data such as emails or text messages would be permanently deleted from the devices they are stored on. I would have to save the request for deletion you made but would not save any other data.

Why do you need to record this information?

I collect information about; why you are using the service, maybe a small amount of medical information and a small amount of information about your important others, alongside brief session notes. This information enables me to provide a high quality service to you, ensuring I am equipped with the knowledge of our previous discussions prior to each session.

What lengths are made to ensure my information is held securely?

Hardcopy documents – Are all stored in a locked cabinet in a locked room.

Text messages – My work phone is secured with a fingerprint and pin code.

Emails – My email account requires a user name and password.

Email attachments – Any attachments sent by email to you containing your personal information would be password protected and the password would be sent to you via text message.

Electronic documents – Any electronic documents e.g. A letter to your GP, or an invoice, are password protected and stored on a password protected computer if they contain personal or sensitive information.

Is what we discuss kept confidential?

Everything we talk about during our sessions is strictly confidential between you and me. To ensure I am doing my job effectively and that I have the right support, I may discuss elements of our sessions with my supervisor. During these discussions I do not disclose any details that may identify you to my supervisor, and my supervisor also adheres to the GDPR.

What if I see you outside of the session?

If we see each other outside of a session I will smile but will not engage in any further conversation to ensure your confidentiality. However, should you approach me and wish to start a conversation I would of course be happy to speak with you. You are welcome to share with other people about the therapy you are receiving, but I am obligated by GDPR law to ensure your confidentiality is protected. I would request that in order to ensure the success of your treatment, that you refrain from discussing your treatment with me outside of your sessions.

What about other Health and Social Care Professionals?

As I adhere to the GDPR any contact, relating to you, with other health care professionals would only be made with your signed consent. E.g. If I were to write to your GP to notify them of your treatment with me, and then notify them of the treatment ending, I would only do this if you were to sign a specific consent form.

Exceptions:

In order to safeguard you and the people around you, if you were to disclose that you were going to carry out harm to yourself or someone else, then under my "Duty of Care" I am obligated by law to inform the relevant authorities. This is to support you to live well, and I would always aim to discuss this with you prior to contacting anyone.

If I was issued with a police warrant or court order for your information, by law I would also have to provide them with your information.

How long will each session be & how much do they cost?

Sessions are up to 60 minutes.

Session cost is £70. Payment is made at each session by bank transfer.

What if I'm running late?

Please do your best to let me know if you are running late. There are some slots I have available that mean I am able to continue with your full session, but often I will have another client waiting and therefore it may mean our session has to be a little shorter.

What if I need to rearrange my session?

If you provide less than 24 hours notice, the charge for that session is still payable and if you cancel more than two appointments I will have to request that any future appointments are payable in full to secure your appointment slot.

This is a commitment between us both as therapist and client, and the treatment is unlikely to help if you are not committed to your appointments and the work we do together. This also protects stability relating to my own income and business sustainability.

If I need to rearrange a session I will let you know at my earliest opportunity and would hope you might approach our sessions with the same ethos. In some circumstances, I may choose to waive the cancellation fee e.g. illness or family emergency.

Would you as my therapist ever choose to end my treatment early?

If I am subjected to abuse by you, or by someone else acting in your interests, I may end our therapy with no notice. By coming for this treatment, you agree to a commitment of sessions. Your

commitment to these sessions is essential and if you regularly fail to attend sessions, or regularly cancel and rearrange sessions, I will have a discussion with you about whether this is something you are committed to.

Please Read This Document Carefully

The frequently asked questions and related answers in this document establish the terms and conditions for treatment with Laura Adlam.

Please ensure that these terms and conditions are fully accepted by you prior to attending subsequent appointments. If you feel you would require a change to your terms and conditions, please speak with me prior to our second session.

Your privacy and confidentiality are important and Laura Adlam will never use your information for any purpose other than that to which you have explicitly consented to above. You may withdraw consent at any time by getting in touch by phone: 07749 813600 or email: info@adlamtherapy.com