

I warmly welcome you to my service. Your contact with me is likely to be an important step for you. This leaflet is designed to both prepare you for this experience and make sure that you gain the most from it. Details of how to find the clinic spaces are here: <https://www.psychologynortheast.com/locations-and-clinic-times>

1. WHAT IS A TALKING THERAPY?

People sometimes experience distress in life which they feel that they need help with. In such circumstances, they can often be helped by seeing a clinician who is trained to provide a form of talking therapy.

Clinical Psychologists have a psychology degree plus three years further training for a doctorate degree. They are specialists in applying talking therapies to the problems which people commonly experience. I am a clinical psychologist that first started working in the NHS in 1989. I am registered by the British Psychological Society and the Health and Care Professions Council.

The difference between a Psychologist and a Psychiatrist is that Psychologists spend most of their clinical training dealing with psychological problems. They help people come to terms with difficulties in life. They are not Medical Doctors, *they do not carry out physical examinations or prescribe drugs*. Psychiatrists have a general medical training and have later specialised in mental health problems. They can prescribe drugs where necessary.

2. WHAT WILL HAPPEN?

Appointments will usually be 50 minutes long and are normally weekly, but this will be negotiated with you. The first appointment is a chance for you to discuss

your problems and how they affect you. You will probably have received a copy of at least one questionnaire with this leaflet and, if so, it would be helpful if you could complete this and return it prior to your first session. A further session is usually required to obtain your background history. From this point, we will usually construct a 'map' of your issue which should then inform the treatment decisions that we will make together.

There are different types of talking therapies. They are all a joint effort between you and myself. To bring about change you will have to take a very active role yourself. Some therapies are concerned with how our thinking affects the way we feel or behave, some focus on particular behaviours which are seen as a problem, some look at the influence that others around us have upon ourselves, and others look a combination of these influences.

3. HOW PRIVATE ARE APPOINTMENTS?

Visits are confidential. However, on occasion it may be useful to communicate with your GP about your problems. My work is supervised and so naturally my supervisor may need to hear about your difficulties if I discuss your case with them. Finally, if you let me know that either you or some-one else is in danger I may be required to break confidentiality.

4. ARE THERE ANY FURTHER THINGS I SHOULD KNOW?

I aim to provide a service of the highest possible standard. With this in mind I will usually ask you for your views of how you find our therapy both towards the start and at the end of your contact with my service. This is so I can react to your feedback. I will also ask you to do questionnaires that enquire about

your difficulties routinely. This is so I can monitor your difficulties and what is helpful in changing these.

If you are unable to keep an appointment, please let me know as soon as possible. In the instance of cancellation, rearrangement or non-attendance, there is usually a charge for this. With good notice, for an Oxford Centre appointment this is £4 to cover the centre's cancellation fee or the administrative time involved in contacting the centre, as well as completing and submitting the relevant form. With non-attendance or less than 24 hours notice this would extend to payment of the full fee for the session (for Skype appointments, only this latter charge applies). This is because late notice means that the space cannot be allocated to another client and case preparation (for example, reading of clinical notes and other materials) occurs well in advance of the session. Please note that such charges are often not covered by health insurance. Session fees vary according to client preferences and referral method. Please feel free to enquire what any fees will be.

Whilst you are seeing me, please keep me fully informed of any change in your GP Practice, postal address, email or telephone number.

5. IF I NEED TO MAKE CONTACT?

My telephone number is 07771277621. I can also be reached on mark.papworth@outlook.com. I generally pick up calls and messages from this number/inbox in office hours on weekdays. Please do not call or post letters to the clinic premises.

If there is anything else you would like to know, I will be happy to discuss these things with you when you attend for your first appointment.

6. YOUR UNDERSTANDING AND CONSENT

Please tick the relevant boxes and sign to indicate your understanding, preferences and consent. Please return this completed form prior to your first appointment. A link to data privacy information is on this webpage: <https://www.psychologynortheast.com/what-happens-next/>

1. My information is confidential and will not be disclosed to third parties except when I agree to/request this or under the following conditions:

a. Risk to yourself or others: I understand

b. For use in supervision: I understand

c. Where there is a legal requirement:
 I understand

d. In the event of psychologist incapacity or death:
 I understand

e. If your referral is via an insurance company then some personal information may be shared with the insurer and their partner organisations:

N/A (fee-paying client) I understand

f. I wish for my GP and/or other relevant health professional to be kept informed about my care:

Yes No

2. Payment:

a. For private (fee-paying) clients, the session fee is paid either prior to or during the session:

N/A (insurance client) I understand

b. Cancellation/rearrangement/non-attendance of appointments will likely result in a charge (as detailed

in this leaflet). Also, if your referral is via an insurance company then an excess payment may need to be paid directly to the psychologist either during or after treatment:

I understand and agree to pay outstanding payments within a week of being informed of the amount due

3. Indicate how you can be contacted by the psychologist:

a. I can be sent appointment details and advice by text message: Yes No

b. I can be sent appointment details, self-help materials and information relevant to my condition by email: Yes No

c. I can be sent appointment details, self-help materials and information relevant to my condition by post: Yes No

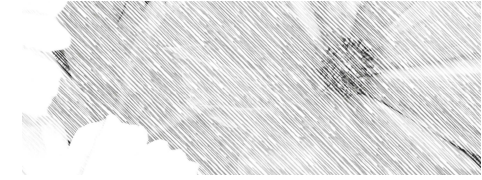
4. Records of your care need to be kept over the course of the treatment and stored for a period beyond its completion. These will be kept securely:

I understand

Signature:

Print name:

Date:



Dr Mark Papworth
Consultant Clinical Psychologist

Your first appointment