



Therapy Agreement – Terms & Conditions

Prepared by Michelle Jermy

Initial Consultation

I offer one free 30-minute initial consultation. If you need to change the appointment and less than 48 hours' notice is given, you will need to pay as per terms and conditions.

Bookings

It quickest and easiest way to book or amend is through the website:

www.theyonitherapist.com

Alternatively, please email michelle@theyonitherapist.com. Due to the nature of clinic availability in person sessions need to be made via email only.

Prices

£90 per session.

£70 discounted rate - For individuals on low income and students. In addition, NHS referrals and employees also benefit from the discounted price. *terms and conditions apply.

*Monday – Thursday between 9.30am-3.30pm. **Please provide evidence on enquiry.

***Limited discounted spaces available, please discuss my availability and if applicable reserve a place on the waiting list.

£45 - Initial consultation *free initial consultation.

Important notice, I strongly believe private therapy should be accessible for all and why I offer the option for every other week or email/text therapy paid in instalments to help with the viability. Please contact if finances are a barrier. As a Clinical Supervisor I oversee trainee therapists and can signpost you to low-cost therapy if weekly therapy is preferred but finances prevent you accessing private therapy.

Bank Details

Please make payments to the following account: Please add your name in the reference.

Michelle Jermy

Bank: Barclays

Sort Code: 20-16-12

Account number: 53452441

Payment for sessions is required upon booking via bank transfer. 48 hour's notice is required if you need to change or cancel an appointment.

If less than 48 hours' notice is given, then the full fee is payable for the missed session. You will not be charged for any sessions that are cancelled by me for any reason.

The Yoni Therapist

Session Timings

Telephone or Zoom - Each session is 50-55 minutes long (unless pre-arranged). I have a 10-minute late show allowance, time will be deducted from your session time, to ensure sessions stay on time. For sessions online I will send a Zoom link that will be used for your entire therapy journey.

Holidays/Sickness

I will inform you well in advance of any holiday dates and endeavour to do the same for anything that may interrupt our sessions. In the event of sickness or family emergencies I will do my utmost to contact at the earliest convenience if your sessions will be affected.

The Therapy Journey

History Taking & Assessment

Prior to our first session I invite you to complete some history taking questions, though there is the option to do this together. You may be asked to complete one or more questionnaires. Many clients find the history taking and assessment therapeutic, it can very often be the first time they have aired their situation in a safe, non-judgemental space.

Therapy Sessions

I will compose a mind map which outlines how your therapy could look. Together we devise the therapy journey that sits most comfortably with you. There will be an opportunity to ask any questions you may have. I ask clients to book either weekly or every other week to ensure we establish consistency. Clients can use the booking system to choose a time that is convenient, I know life can be 'full', the last thing I want is therapy commitments to add further pressure.

Enrichment – Self Study

Many clients use the therapy time alone as their journey, the space is where they can immerse and let their guard down and explore new ways of thinking. Other clients sign up for the optional self-study, this includes weekly homework exercises/interventions and can very often feel like intensive therapy, yielding intensive results.

**Please note not all clients would be suitable for self-study, especially in the beginning but this is something we will discuss.*

Responsibility

I will guide you on a journey. It is important you understand you are responsible for participation of the exercises and interventions set. These agreed actions are important for you to fully benefit from being able to both create AND embody the therapy journey.

Note Taking

I keep notes for sessions, a brief overview of each session. These notes are anonymized and do not refer to any identifiable information about you. This is in line with guidance from my insurance provider.

The Yoni Therapist

Feedback

Authenticity and compassion are two of my most important values, please let me know as soon as possible if you have any concerns or issues with the work we are doing in the sessions. It is really important that you feel completely seen and heard throughout.

Newsletters

Signing up as a client you will gain access to the weekly newsletter. There is the option to unsubscribe at any time if you so which.

Endings

Endings is a natural part of therapy and together during reviews we discuss your goals and very often an ending naturally evolves. Many clients complete their therapy but return for monthly 'holding' sessions. Endings is a beautiful stage where your growth fulfils the therapy goals, or your goals shift.

I do ask all clients who have had more than 4 sessions with me to have an ending session. An opportunity to explore the initial reason for therapy, what interventions worked well and establish 'red' flags. An ending session truly brings the therapy journey to a close but also you feel confident to know when a holding session maybe appropriate.

Holding Sessions

Previous clients use one off sessions as an opportunity to discuss, explore and release without the usual personal judgements or opinions you might get in everyday relationships with family and friends. Some clients will opt for a guided meditation or energy release session to help keep them grounded and accountable to their therapy goals.

Termination

Sometimes right now is not now, not the right time and that's OK. Your journey is yours, you have the choice to end the therapy journey with me. I do ask if you have decided against future sessions, please email me, so I can offer the space to someone waiting. I truly get it, sometimes life takes over, finances, sometimes you may start to feel better and it does not hold such importance, or you feel you are not making progress. If you feel the therapy is not right for you, please discuss as I would be more than happy to refer you to another trusted therapist. I am professional enough to know my style of therapy is not the only way, there are many modalities and different personalities working in the world of mental health.

Confidentiality

Information that you share with me is strictly confidential between us, although there are limitations to this you should be aware of. These include:

Information may be shared with an appropriate third party if there is a significant safeguarding concern. I have a duty of care to protect your safety and the safety of others. This third party may be your GP or other professional as appropriate. If I do have concerns for your safety or the safety of others, I will aim to discuss this with you in the first instance. If it is necessary to disclose information to a third party this will be confined to what is strictly necessary to safeguard you or another person. This includes if you have a reduced capacity under the Mental Health Capacity Act and need support.

The Yoni Therapist

If you disclose knowledge around an Act of Terrorism, Money Laundering, Drug or Human Trafficking.

As required by the COSRT, I receive regular clinical supervision. My supervisor is qualified and a member of a recognised professional body. This is a space in which I can share my own thoughts and feelings about the work that I do with clients. This requires the sharing of information about the way in which I work with clients and any concerns I may have. I do not share your identity in supervision, or any information that would identify you. Please be assured that is an integral part of the professional process and is an important part of development and wellbeing.

I may, at times, draw inspiration from the processes or outcomes to share generic insights with my community, whilst keeping examples anonymous and without disclosing details that would identify you, the client.

Data Protection

I will not share your personal information with any third party, except in the circumstances outlined above. Any request for information relating to you outside of these limits of confidentiality will be declined unless written consent is given by you for information to be shared.

Letters and reports can be written at your request, fees will depend on evidence required.

Contact

If you wish to cancel or rearrange a session, in the first instance please use the booking page, alternatively email michelle@theyonitherapist.com.

Public Meetings

Due to the intimacy of my work and the reasons clients see me if we were to meet in public I normally would not speak or acknowledge you unless initiated by yourself. This can save uncomfortable questions if those you are with do not know you are in therapy. If conversation is initiated, I will be led by yourself to ensure I can maintain client confidentiality.

If you attend a workshop or retreat run by myself I will always discuss prior if you are comfortable for the group to know if you are or were a 1.1 client of mine.

Crisis Information

If you feel that you or anyone else are at risk of immediate harm or feel you need urgent assistance, please contact details below.

- Call 111 or 999
- Attend Accident and Emergency
- Or if you feel you need support outside of sessions, please call Samaritans on 116123 who are available 24 hours a day, 365 days a year.