



Coaching & Counselling

Practitioner	<ul style="list-style-type: none"> • Piotr Jusik (MSc)
Session length	<ul style="list-style-type: none"> • Counselling – 50 min. • Coaching – 60 min. • Late arrivals – we have the remainder of the session to keep time boundaries
Cost	<ul style="list-style-type: none"> • Counselling – £80 (PayPal fee applies if you choose this form of payment) • Coaching – £99 (PayPal fee applies if you choose this form of payment) • Workshops – negotiable • Limited low-cost slots available – PLEASE ASK ME!
Notice & cancellations	<ul style="list-style-type: none"> • At least three-day notice (72h) – no fee • Less than 3 days – full fee paid • If emergency situations & accidents – reschedule within 7 days
Starting	<ul style="list-style-type: none"> • Initial telephone (or WhatsApp) conversation of max 20 min. – practicalities • First chemistry session - paid • Assessment session – establishing your goals & expectations • Ongoing sessions
Ending	<ul style="list-style-type: none"> • At least one session notice to close our work, refer on, or summarise the sessions
Emergency contact	<ul style="list-style-type: none"> • When undertaking counselling work I will ask the details of your doctor /GP or an appropriate contact who can support you in crisis; if you are really distressed, I will ask someone to accompany you to the session (or be readily available). • Children, teenagers & young adults – we agree on the scope of information passed on to the parents or carers who hold custody over the child
Qualifications	<ul style="list-style-type: none"> • Dip. in Transactional Analysis Counselling (TA Works Institute in Oxford) • Fully Accredited as Counsellor / Psychotherapist by The British Association of Counselling & Psychotherapy (membership #742944) • Level 7 Dip. for Professional Executive Coaches & Leadership Mentors (Institute of Leadership & Management in London) • Certified Transactional Analyst in the field of Counselling accredited by the International Transactional Analysis Association (#3997) • Qualified Teacher Status in the UK (#1130774) • Professional Liability Insurance (UK) for the work undertaken - Markel International Insurance Company Limited - Policy No: IN/15/012084

MODALITY USED IN COACHING OR COUNSELLING

- My approach is based on **Transactional Analysis** which is a system of counselling based on the idea of **Ego States**. Everyone has three different ways of coming across (ways of feeling, thinking & behaving): **The Parent, The Adult, The Child**. Transactional Analysts explore people's Ego States.
- Through understanding and being aware of your **Ego States** and the beliefs you hold, you can strengthen your ability to respond to the **here and now (Adult)**. This is more beneficial as opposed to your old patterns from **your past experiences (Child)** or from the **parental figures from your past (Parent)**.
- I work in a co-creative way, meaning that I see you and myself as **active agents** of the change you want to implement in your life. We both hold **responsibility** and make **meaning** of what is happening.
- I also offer a **compassionate relationship**. I am very curious about what happens between us. Our coaching or counselling relationship is important to the outcome of our work. This will support your change positively (30% of change depends on the quality of our relationship). Finally, I focus on your **resources** and I would like you to find **autonomy** through our work.

CONFIDENTIALITY

All sessions are confidential between myself and you, as my client. There are, however, some limits to our confidentiality:

- If I feel you are likely to cause harm to yourself or others. Wherever possible, I would only breach confidentiality with your permission and would discuss it in the session prior to any contact. However, if I feel you or another person's safety are severely jeopardised I may contact external services without your permission.
- There are legal limits to confidentiality around disclosure of committing or intent to commit criminal offences, such as prevention of terrorism, drug trafficking acts and child protection acts.
- Should I be summoned by a court of law, I may be required to answer questions about you as my client.
- Should anything happen to me, I have appointed a colleague as an Executor who would have access to your contact details and would be under instruction to appropriately dispose of any confidential data.

RECORD KEEPING

I collect personal information about you in our initial session with your consent, to understand the nature of the problem you are bringing. In addition, I take minimal case notes for my own reference and recall. They remain anonymous and will be kept secure digitally and protected by a password. I retain this information for 8 years unless it is requested by you that I destroy them prior. Any specific personal reflections and supervision notes are destroyed as soon as they have fulfilled their purpose or at the end of our therapeutic relationship. I am registered with the Information Commissioner's Office (ICO) for the storage of personal information. You have the right to request the details of any information. I hold on you and this information will be provided by me in an easily accessible format within one month in accordance with the ICO guidelines.

BEST PRACTICE

I regularly present my work in supervision. The aim of this is to monitor my work and ensure I am meeting best practice. My supervision is done on a confidential basis to ensure anonymity.

WAYS OF WORKING

I offer the opportunity to work face to face, online, over the telephone or out walking. When working online I suggest we use Zoom. As with any electronic platform I cannot guarantee the security of this 100%. I do not record any of the sessions and will be situated in a confidential environment. I ask you to also consider this, ensuring you are in a space which is comfortable, confidential and safe for you. For outdoor / walking therapy we would have an initial contracting and assessment session before beginning sessions outside.

SOCIAL MEDIA

As this is a counselling or coaching relationship I choose not to accept friend requests on any form of social media. In my own social media and marketing activity please note, I do not use any client specific content.

NUMBER OF SESSIONS

The length of the counselling or coaching contract will depend upon your needs and we will negotiate and review this. For general information

- short term counselling or coaching → 6 – 12 sessions
- medium term counselling or coaching → 16 – 40 sessions
- long term counselling → anything over 40 sessions

PAYMENT

I accept a variety of methods of payment: cash, cards, BACS online. From a confidentiality angle please be aware that online or cheque payments will identify you on bank statements. **I expect all payments to be made either before the session.** The payment details can be found on my website.

NOTICE PERIOD

To finish therapy I ask for notice of a minimum of one session. The aim of this is to provide time to resolve any unfinished issues and finish in a safe and healthy manner. **If for any reason you feel uncomfortable about the content of the sessions or you found my behaviour upsetting, please bring it up.**

ETHICS AND PROFESSIONAL PRACTICE

As a member of BACP (British Association of Counselling & Psychotherapy), ITAA (International Transactional Analysis Association) I abide by their codes of ethics and professional practice. These organisations are also available to you to contact directly should you wish to register a complaint about my practice.

CONTACT

If you need to contact me outside of a session please do so by phone, email or text. From a confidentiality angle, be aware that a text maybe a less secure method of contact. I will respond as soon as is convenient and will aim to do so within 48 hours, however I cannot guarantee this. The nature of this contact would be in the event you needed to alter timings of our following session, rather than personal therapy, which will only be carried out in the context of the agreed session times.

I hereby confirm that I have read and I understand the provided information and I have had the opportunity to ask questions. I understand and accept the terms and conditions of the IFLOWCOACHING practice and my participation in coaching/counselling is voluntary. I understand that I will be given a copy of this. *(if at any point you wish to withdraw this consent please notify me)*

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(date, client's signature)

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(date, practitioners' signature)

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