



# INFORMATION ABOUT APPOINTMENTS

Hello,

Thanks for getting in touch for your interest in Glasgow Anxiety and Depression Counselling Service (GADS) and Scotland Anxiety and Depression Counselling Service (SADS).

This information sheet includes some detailed information about we can offer you. This information will help you determine if what we offer suits you and your needs. We try to be transparent and detailed about how we work and what we offer so potential clients can make informed decisions about therapy. Please feel free to browse the website for more information about what we do and can offer: [www.glasgowanxietydepression.co.uk](http://www.glasgowanxietydepression.co.uk)

## What We Offer and Costs

- We are fully qualified and insured Integrative Cognitive Behavioural Psychotherapists, CBT Therapists, Integrative Psychotherapists, Solution-Focused Therapists, Clinical Hypnotherapists, General Counsellors, Coaches, Person-Centred Counsellors and Dietitians. We are currently able to offer various forms of one-to-one and couples psychotherapy, counselling, therapy and dietetic sessions in-person at our offices Glasgow city centre and online appointments to anyone in the UK.
- Double sessions are available. You don't need a GP/other referral to access therapy - you can make appointments without referral.

## Appointment Availability

- Please see the email you will have received that lists each therapist's available appointments (online and in-person).

## Location (in-person and online)

- We see clients at our offices/practice in West Regent Street, near the corner of Blythswood Square, in Glasgow city centre. Please note that the offices do not have disabled/limited mobility access (it's up some stairs with no lift). Online appointments are via a secure online platform (e.g. Zoom, Teams etc.). Telephone and text/instant messaging appointments are also available with some therapists.

## Dietitian and Nutrition Service

We can also offer the services of a highly experienced and qualified dietitian should you also require this type of support. Jenny can offer online dietetic and nutrition appointments on a one-off or regular basis. Please note that dietetic support is only offered alongside

psychotherapy, CBT and counselling services. You must be seeing a therapist here (or elsewhere) to access dietetic services at GADS. For more information about our dietitian and nutrition services please see the relevant section on our website.

## Professional Services

These include: consultations; clinical supervision; staff support services, training and more. Please see the website for more information and get in touch via the Contact page on the website. Thanks.

## Type of Psychotherapy and Counselling

It's really up to you what type of therapy you wish to engage with. This is something you would chat about at the initial Assessment Session with the therapist. While we are qualified in various types of therapy, we all work integratively, meaning that we work with the client's own individual needs, preferences, stage in life, other factors in life etc. and to accommodate your own way of working. So, this might be some CBT therapy, some coaching, some compassion focused therapy, perhaps some person-centred counselling, schema therapy, existential therapy, mindfulness, ACT, DBT etc. - your therapist will be working with various techniques and tools tailored to you and how you might like to work in therapy. We have worked with a wide range of clients over the years, using various approaches, and on a short-and-long term basis.

We work in accordance with the goals of each individual client and what you would personally like to achieve from therapy. Everyone is different in how they work, learn and use therapy and so it would be individually tailored to you - which is why the initial Assessment Session is important - it's about getting to know you better, on a one-to-one basis, and exploring your goals for therapy.

## Therapist Information

- Our therapists are highly qualified and experienced. They work here in private practice with us and our partner practices. They also work in other settings on other days/daytime, including third sector organisations, EAPs, insurance/rehabilitation services, NHS, private hospitals, and their own private practices. So, you know you are in safe hands with our therapists. Here's some brief information about them. The therapists currently working here are: **Alexandra; Amanda; Jackie; Jenny; Liz; Natalia; and Sue.**
- **Alexandra:** Lead/Senior Psychotherapist and Clinical Director and fully qualified and accredited psychotherapist. She is an Integrative Psychotherapist and Cognitive Behavioural Psychotherapist with a foundation training in person-centred counselling and can provide psychotherapy from a CBT, person-centred, integrative, DBT and humanistic/existential approach. She has a background in psychology and research and was previously director of a leading eating disorders charity in Scotland. She is also a clinical supervisor, lecturer and trainer in psychotherapy and counselling and supervises the clinical work of trainee therapists and a team of qualified psychotherapists and counsellors.

- **Amanda:** is an Advanced Integrative and Cognitive Behavioural Therapist, Solution-Focused Brief Therapist and Clinical Hypnotherapist with a foundation training in person-centred counselling. She offers Couples Therapy and Relationship Counselling too. Amanda can work with adults and with children and young people between 12-18 years, who are experiencing a wide range of problems and concerns from eating disorders/disordered eating, anxiety and depression to trauma, identity, gender issues, grief, personality and much more. Amanda also works integratively so that therapy sessions can be tailored to you and your needs at the time.
- **Jackie:** is a fully qualified Cognitive Behavioural Therapist and Integrative Therapist with a foundation training in person-centred counselling who has experience of working with clients experiencing a wide range of concerns and difficulties particularly stress, anxiety, low mood, difficult emotions, trauma and more. Jackie is also a counsellor and therapist in a local high school and can also offer appointments to young people between 12-18 years, in addition to working with clients over 18. Jackie is also a qualified Coach and can provide coaching services too. Jackie has a background in HR and also understands the impact of the workplace on mental and emotional health.

**Please note:** Jackie **does not work** with eating disorders/disordered eating but can work with clients presenting with all other concerns and difficulties at Talking EDs and at our two general other practices.
- **Jenny:** she has been working as a HCPC registered specialist dietitian within the NHS for over 15 years. She has extensive experience of working with eating disorders/disordered eating, as well as offering dietetic support to the following: vegetarian and vegan diets; polycystic ovary syndrome (PCOS); pregnancy and mental health; bone health and nutrition; healthy eating; lactose intolerance; and milk free diets. She can work with clients over 18 years old.
- **Liz:** is a fully qualified and accredited/advanced Cognitive Behavioural Therapist and Integrative Therapist and General Counsellor. Liz has worked with a wide range of clients presenting with a range of concerns and issues including anxiety, depression, trauma, personality disorders, distress, body image and more. Liz is also a specialist therapist in eating disorders and disordered eating. She has worked in a specialist inpatient and primary care service within the NHS (both eating disorder units) as a mental health nurse and, later, as a mental health clinician/psychotherapist. Liz works integratively and she tailors therapy to each individual client and the goals they wish to work on in therapy.
- **Natalia:** is a fully qualified Cognitive Behavioural Therapist and Integrative Therapist, with a foundation training in person-centred counselling. She is trained in Rewind Trauma Therapy and can offer Rewind sessions too. She has an undergraduate and postgraduate degree in psychology, in addition to her clinical training in psychotherapy and counselling. She has also completed some training in coaching and can offer Life Coaching. Natalia has worked in a wide range of settings including workplace and insurance counselling services; private practice; cancer support counselling services; a national mental health charity, as well as in drug and alcohol rehabilitation services. Natalia has also worked as a Clinical Consultant with a global healthcare service and has some experience as a clinical supervisor too. Natalia can work with a range of concerns and difficulties including anxiety, depression/low mood, eating disorders/disordered eating, stress, trauma, drug and alcohol problems, workplace stress, difficulties with coping, and many other difficulties and concerns.
- **Sue:** is a fully qualified Cognitive Behavioural Therapist and Integrative Therapist with a foundation training in person-centred counselling who has experience of working with

clients experiencing a wide range of concerns and difficulties including depression, anxiety, trauma, body image, emotional regulation, eating disorders, self-esteem and many more concerns and difficulties. Sue also works in a third sector counselling service in addition to our three practices here. She also has experience of group work in the therapy field and has a particular interest in body image and BDD.

- The length of therapy depends on various factors and is determined by each client. There is no expectation or pressure regarding the number of sessions you have – that's up to you.
- Therapy can be on a short-term or long-term basis. For clients on a longer-term basis, we would review every 4-5 sessions or so to monitor progress, decide on whether to continue etc.

### **Working Agreement**

- We will send over a copy of Working Agreement should you book an appointment. All therapists have Working Agreements to ensure your safety, privacy and confidentiality as well as that of the therapist. If you have any questions about it at all, please just let us know.

### **First Appointment: The Assessment Session**

- The first appointment is called an Assessment Session: an information-gathering session to help your therapist get to know a little bit more about what's brought you to therapy and assess how they might support you.
- The Assessment Session also helps to establish whether therapy would indeed be a useful and appropriate approach for you to engage in. It gives you the chance to also assess if it's the right therapist and approach for you. You will then mutually agree, with your therapist, on how to progress with therapy sessions, as well negotiate dates/times of appointments. The first appointment is not a therapy session. Any appointments following Assessment are therapy sessions (unless otherwise stated e.g. some clients request Assessment over a number of sessions. For most clients, the Assessment Session is only appointment only – the first appointment).
- There is no obligation or expectation to continue with appointments after the initial Assessment Session. Your therapist will ask you at the end of the Assessment Session whether you would like to continue with therapy appointments. Your therapist will discuss this with you on an individual basis.

### **Payment**

- Appointments must be paid for in advance of your appointment. Your first appointment, i.e. the Assessment Session, is paid when you book the appointment. This is done via BACS transfer. Any appointments made after the first appointment are paid,

in advance of the next appointment (so you pay at the end of the session for the next session in cash, via BACS or cash machine (if applicable)). Appointments are not booked until payment has been made and the appointment is not secured until you pay (i.e. it may be offered to someone else looking for an appointment). We ask you pay for the next appointment within 24 hours of the previous appointment endings. You will be given a receipt each time you pay (cash only). If you do not return to therapy, for whatever reason, your payment will be returned to you via BACS, provided 48 hours cancellation notice is provided.

- The current fee for therapy ensures that the costs of each therapy session are covered, including room hire, insurance, travel, professional membership fees, CPD, clinical supervision etc. which are all mandatory for qualified therapists.

## **Professional Memberships**

- Each therapist adheres to the ethical and professional standards of various membership bodies including COSCA, BABCP, BPS, BACP, NMC, ASFH, UKCP, HCPC, NCH and HGI. We have memberships with other organisations too and hold PVG/Disclosure Scotland, Data Protection Certificates with ICO and professional indemnity insurance.

We try to provide as much information as possible though, so that potential clients, including yourself, can make an informed decision about participating in therapy.

## **What to Do Next**

If you wish to proceed with an initial Assessment Session, please let us know and we can arrange this. We will ask you to complete the online Appointment Form before as we require some details before proceeding with booking appointments. You will also be asked to pay for the session, in advance, to confirm the booking. I will email you a copy of the Working Agreement so you can read this before therapy and/or counselling sessions begin. Please note all information provided is private and confidential. Thanks again for getting in touch and please do not hesitate to get in contact to book an appointment, if need more information or have any questions.

Best wishes,

Alexandra

**Alexandra Easton**

**Clinical Director, Lead Psychotherapist and Clinical Supervisor**

**Glasgow Anxiety and Depression Counselling Service (GADS) and Scotland Anxiety and Depression Counselling Service (SADS)**