



dream wellbeing

free your mind

Confidentiality Policy

As professional therapists all private sessions are confidential and we will not disclose any information about our clients without their permission, with the following exceptions:

Where a client shows risk of harm to themselves or others, or where activities contravene:

- The Terrorism Act (2000)
- The Road Traffic Act (1988, Sections 94 and 172)
- The Drug Trafficking Act (1986)
- The Children Act 1989 (Section 47)

the appropriate authorities will be notified.

Written notes may be taken or made during client sessions for consistency of the service provided. All records are kept in a secure location. A client is entitled to have sight of their own case notes at any time.

Supervision

We receive supervision from an accredited and qualified supervisor. This means we discuss our casework with a registered professional for the purposes of ensuring that any therapeutic work remains effective. During these discussions the identity of clients remains anonymous and identifiable information is withheld. The purpose of supervision is solely for the benefit of the counsellor and client to ensure that a productive working relationship is maintained. Work is discussed verbally in a safe and confidential environment. Clients are given a reference number to ensure their confidentiality.

Should you require any further information on the above please don't hesitate to contact us either by phone, email or through the website:

dream wellbeing | t: (01908) 397662 | e: firststep@dreamwellbeing.com |
www.dreamwellbeing.com

Ethical Behaviour

We work to ethical frameworks including the British Association of Counselling and Psychotherapy and the International Association for the Study of Dreams.