

# Daniel Higgs Counselling

## About me

Daniel Higgs Counselling  
Email - dhiggs1975@gmail.com  
Mobile - 07792262326  
BACP Membership No. 00961926

I offer confidential counselling to young person aged 11-25 living, working, or studying around the Teddington Area.

I am fully qualified, and I attend regular supervision to ensure the highest professional standards.

I am a member of the British Association for Counselling and Psychotherapy (BACP) and follow their Ethical Framework for the Counselling Professions as a guide to best practice, around confidentiality and safeguarding young people.

## What is counselling and how can it help?

Counselling offers a safe place for you to be listened to without judgement, to help you understand your thoughts and feelings. I will be able to help you make sense of what you are going through and support you with the difficulties you are experiencing.

# Accessing help - Agreement of how we will work together

## What does 'confidential' mean?

An important aspect of counselling is that it is confidential - or private. This means that nothing you say to me will be repeated to anyone outside, including family, teachers, or doctors. However, there are a few key exceptions:

## Safeguarding

I take confidentiality very seriously, and I also have a duty to ensure your safety. If you say something in a counselling session that suggests you, or someone else in your life, were at serious risk of harm, I may need to break confidentiality. This may mean involving someone else who could help keep you, or them, safe. I try to discuss this with you first and work with you to come up with a plan.

## Supervision

It is a professional requirement that I be regularly supervised, and the purpose of supervision is to ensure that I am working ethically and safely, and for my development and support. During supervision identifying details will not be shared with the supervisor, and this takes place separately from counselling sessions.

# Attending sessions

I offer short term and long-term counselling and each session lasts up to 50 minutes. Many young people take less than the 20 sessions, with some young people feeling they need a few. The sessions will be on the same day, at the same time, each week.

It is important to try and come every week, so that you can get the most out of your counselling. Try to be on time but it is better to arrive later than not at all, I will still be pleased to see you.

**Please do not attend sessions if you are under the influence of drugs or alcohol.**

If you cannot come

- Please contact me on 07792262326 and let me know as soon as possible
- Cancellation charges:
  1. More than 24hrs notice no charge,
  2. Between 24-6hrs notice 50% charge
  3. Less than 6hrs 100% charge.
- Invoices will be sent via QuickBooks and payment are to be made within 7 days.

## Policies and procedures

All your contact information is stored securely and never shared with organisations outside unless there is a legal requirement. Notes may be taken during and after each session, which will be kept in accordance with the Data Protection Act (1998). These notes will be securely stored, and I will discuss the disposal, retention or otherwise of any such notes at the end of our engagement.

