



Pippa Solomon Relationship Therapy

BSOCSCI (HONS PSY). H.D.E.; MA (ED PSYCH)

INFORMED CONSENT AND HELPFUL INFO

Informed consent is important! It means that you have fully understood the psychological services being offered, including its risks and limitations, and have voluntarily consented to taking part in the therapeutic service offered.

About EFT

EFT (Emotion Focused Therapy) is an innovative and ground-breaking framework in couple therapy. The work involves learning how to move from stuck, conflictual patterns of interaction that disconnect people to more vulnerable, loving connections where both parties feel heard, understood, acknowledged and validated. When we can get underneath our defense mechanisms and be vulnerable with each other, then a softening occurs which naturally deepens intimacy and connection. EFT supports couples in being safe and secure with each other. The therapy is designed to be brief therapy, usually between 10 and 30 sessions, but it can be longer. The length of therapy varies with each couple, depending on the couple's needs, the amount of trauma each partner has experienced in their lives (ability to trust), financial limitations and attachment injuries in the relationship. The outcome of therapy is supported by your personal investment and commitment in the process.

Limitations to the psychological services offered

At all times the confidentiality of sessions is primary. However, there are exceptions to confidentiality which must be understood. These include:

- Ⓢ If I am ordered by a court of law to break confidentiality,
- Ⓢ If either of you is a danger to each other, yourselves or to any other person I may be required to break confidentiality by informing another authority, such as the police or another protection agency. It will help very much if clients inform me upfront about any suicidal feelings or whether they feel in danger of any physical, sexual or emotional abuse by their partner so that I can work out the best way to help.

Open and transparent therapy - No secrets policy

In order to protect my alliance with each of you, I have a "No secrets" policy. Partners can sometimes keep information from each other, such as secrets, or they message me separately for advice. This causes complications in the therapeutic alliance. If any partner brings information and has not included their partner, then I will encourage that the information be brought into the therapeutic space, providing it feels safe enough to do so. In the worst case scenario, if the secret is destructive or counter-productive to the therapy process I may have to refuse working with a couple until the partner can reveal the secret. Where possible, it is best to keep all correspondence with me and concerns about partners for our therapy sessions so that they can be transparent and inclusive.

Intensifying

Looking more deeply and closely into patterns and processes that go on inside us and between us can sometimes result in stronger and more escalated feelings. Couples need to be aware that sometimes looking into things does escalate things before it de-escalates them. If you find this happening it's important to talk about it with me.

Maintaining equality & best fit

My client is your relationship and so at all times I attempt not to side with either partner. If you feel this is happening then please bring it to my attention. Our therapeutic alliance is of key importance in the therapy process. There may be times where I find that I am not the best fit as a therapist for you both. This can occur if I am unable to hold the alliance equally or if I find myself getting caught up in the relationship dynamics and unable to hold the space as effectively as I would like to. In the event of this occurrence, I will discuss this with you and refer you to one of my EFT colleagues.

Feedback

Feedback is welcome. Please support the process by providing me with any feedback, particularly feedback about something that is not working for you or that you would like to change. Letting me know when I am off track helps to strengthen our alliance and is supportive of your process.

Cost

The cost per session is R900 per hour and R1300 for an hour and a half. I only have these two rates. There is usually 30 minutes between sessions to allow for extra time. Sometimes we are really working deeply and it's nice to have the option to continue. If your budget only allows for the hour session then please make sure to let me know that. I prefer not to be too rigid about the time, but above all I want to respect what feels affordable and valuable to you both. If you have any time constraints, it's also good to let me know.

Clients pay after every session. This keeps therapy affordable, is a good exchange practice and it keeps my admin to a minimum. Payment can be made in cash or EFT. If you are using eft, please use your name and the date of the session you are paying for as a reference – this makes it super easy for me to track. Invoices are only given monthly for medical aid purposes or on request. Regarding medical aid claims, clients still pay me directly after every session and then claim from medical aid themselves using the monthly invoice I send. If you'd like to claim from medical aid then please let me know.

My bank details are: Pippa Solomon; Nedbank Go Banking; Branch Code: 198765; Cheque Acc. no: 1230 332561.

Appointment Scheduling and Cancellation:

My office hours are Monday to Friday from 8.30am-5pm.

If you are unable to attend your scheduled appointment, please provide at least 24 hours notice in advance, or you will be charged for the session. This will not apply in the case of an emergency. In the event of late cancellations please sms me rather than e-mail as I don't always check my e-mail.

Leave times are posted on my website in advance and I will also inform you of them with good notice.

Additional / individual therapy

It may be that additional therapy is required over and above the couple or family therapy. When this is evident then it will be openly discussed and I will provide appropriate referrals for you. Not all individual psychotherapy is compatible with EFT, especially if it encourages separateness or is biased. EFT aims to de-pathologise dependency and rather distinguishes between effective and ineffective dependency rather than trying to fix things independently from each other.

Resources

There is a fair amount of reading, videos and links posted on my website. I automatically subscribe all my clients to my mailing list for courses, upcoming webinars or some inspiration I might write. You can unsubscribe from those rare emails anytime by clicking on the unsubscribe button. Resources can also be found on my website under "Resources" (www.relating.co.za).

Communications, Availability & Emergencies

Whatsup is my favourite mode of communication and the best way to get a fast response. I do respond as promptly as possible. If I do not respond within 24 hours, please follow-up with me as it may mean that I did not receive your message.

If urgent appointments are needed, I will make a plan to accommodate you.

CONFIRMATION OF INFORMED CONSENT

By reading this document I fully understand the information provided.

I have some understanding about Emotionally Focused Couple Therapy.

I understand the limitations and risks to the psychological services offered.

I understand the limits on confidentiality; including the “no secrets policy” and that my therapist may need to break confidentiality if I am a danger to myself or another person.

I agree to make payment after each session and to giving 24 hours advance notice if I need to cancel the appointment, otherwise I will be charged.

I realize that the outcome of therapy depends upon my personal investment in the therapy process.

Any questions or queries please raise them with me. You have signed your name below which indicates that you have read these 3 pages and can provide your Informed Consent to therapy. **Your signature acknowledges agreement and understanding.**

Thanks so much and I look forward to working with you,
Pippa

SIGNATURE OF BOTH PARTNERS:

Name _____

Name _____

Signature _____

Signature _____

Date _____

Date _____

Witnessed by Pippa Solomon _____