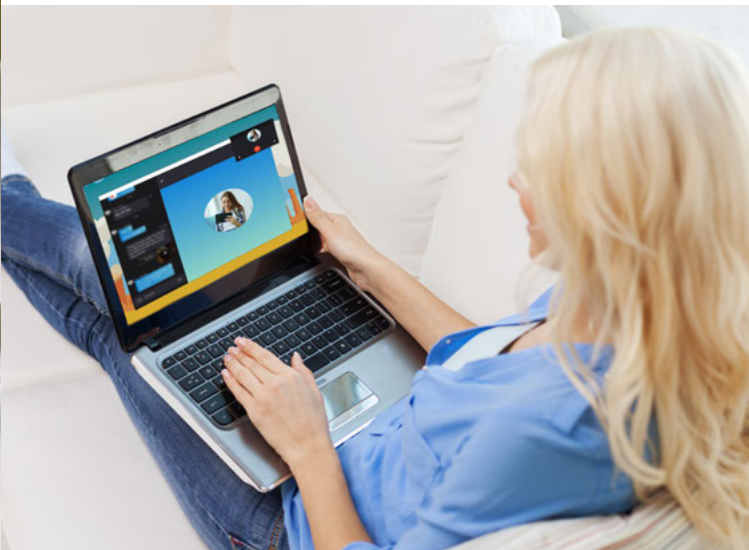
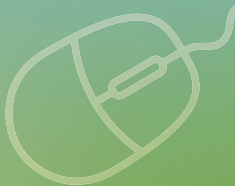




Action for Asperger's®



Accessing our Counselling Services using Technology



baacp
British Association for
Counselling & Psychotherapy

professional
standards
authority
accredited register



hpcp
registered
www.hpcp.org.uk

Registered charity 1148790 Founded 2008

Accessing our Counselling Services using Technology

Counselling that Supports You

The aim of counselling is to provide you, the client, with a confidential and safe opportunity to explore personal issues in an autism-knowledgeable counselling environment. It is the job of the counsellor to facilitate your personal growth and enhance your self-understanding, leading to positive outcomes.

Our Remote Counselling Services

It is not always possible to meet in person, which is why we offer alternative options. If you want to access our counselling services in a way that is not face-to-face, you can use technology to speak to us.

There are 3 options to choose from:

1. **Skype** – enables you to sit at your computer and have a conversation with us through the internet.
2. **Facetime** – provides access to our services via your smartphone.
3. **Telephone** – speaking to us either on your home phone or mobile phone.

For Skype and Facetime there will always be an image of your counsellor on the screen, but you can choose for

us not to see you and instead simply just hear what you want to say.

It is important to note that we discourage visual or sound recording of any counselling sessions. If you have a short-term processing difficulty, please ask your counsellor, during your session - as you approach the end of your session - to send you a 'bullet point' list of issues raised and discussed during your session. Your counsellor will happily assist.

What to Expect from the Session

Counselling sessions via Skype, Facetime or the telephone will be for 55 minutes and you should attend your session at the exact time and not before.

Remember, this is a timed appointment just like any other appointment you may attend, at say, the dentist's or the doctor's. If you are late, the session cannot be extended. Your counsellor will be working to a strict schedule.

Prior to your first session taking place your counsellor should be apprised by phone or email of your Skype name/Facetime telephone number by email or telephone message the day before the session is going to take place. When it is time for the session to begin, your counsellor will make the initial call, so please do not call your counsellor, they will call you. For any sessions that follow the initial session, your counsellor will always call you first.

Your counsellor will ask for confirmation of payment right at the start of each session. The fee for the session will not be pro-rata 55 minutes but will be for a full hour

session. The reason for this is to take into account counsellor administration time. A first counselling session may take a little longer, possibly an hour and a half, and, if offered, the charge for that will be pro-rata, but this isn't always possible due to heavy demand on our services.

You can expect the following:

- **A Counselling Contract between you and your counsellor is provided for all new clients. We ask you to read and then convey, by email or scanned copy of the contract, that you agree to the terms and conditions contained therein. Personal details need to be given such as GP details, your name, your address and telephone number, your date of birth – this information is completely confidential and is stored securely as per British Association for Counselling and Psychotherapy (BACP) and General Data Protection Regulation (GDPR) rules.**
- **During the first consultation, the counsellor will discuss 'housekeeping' issues such as: a plan of action if electronic disconnection occurs during the call; reiteration of the rule of harm (as specified in the counselling contract), and anything else considered integral to your counselling experience.**
- **All our counsellors are members of the BACP and work within their guidelines.**

If, for whatever reason, you are unable to continue with your pre-arranged consultation, we politely ask that you inform us by phone or email at your earliest convenience.

Our Fees

As a donation-led charity we are entitled to charge for counselling services but we do offer reduced (charitable) rate counselling. Our fees range from **£43 to £65** per session based on lower to higher incomes. If you are phoning from outside of the United Kingdom, your payment will be calculated according to the rate of currency exchange applicable at the commencement of your counselling arrangement. You will discuss with your counsellor and agree from the outset the baseline payment based on your personal circumstances.

**Please note that if your session is with Elaine Nicholson her baseline rate is £45 per hour, due to her having a higher level of expertise.*

All payments should be made by clicking on the 'donate' button that is located on our website home page at the top right-hand corner of www.actionforaspergers.org. Alternatively, you may pay us directly through an internet banking system – contact us for our bank details to facilitate this. You will need to make payment for counselling the day before the consultation takes place. Failure to do so will mean that your remote consultation will not take place.

Peace of Mind

Confidentiality is crucial in the counselling process. We are governed by the British Association of Counsellors and Psychotherapists (BACP) and bound by their ethical code of conduct. Everything that is shared during counselling is strictly confidential; see the Counselling Contract for more details.



A bespoke counselling service for lives that have become adversely affected by the experience of

Asperger's syndrome

(Autism Spectrum Disorder)

t. +44 (0)1536 266681

e. info@actionforaspergers.org

w. www.actionforaspergers.org

Office/consulting rooms:

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Northamptonshire, NN17 5JG, United Kingdom