

Information Sheet

Dr. Greg Madison

Contact Details: Mobile 0794 1300871 Home 01273 590804 (please leave a message on either)

Email info@gregmadison.net (usual method of contact)

In an emergency the mobile phone is the best way to contact me. I check messages daily during the week and will get back to you as quickly as possible, hopefully by the next day that I work.

Session arrangements: At the initial meeting we assess what brings you to therapy, what you'd like to get out of the sessions, and whether it feels right for us to work together. Then we usually agree to continue meeting at the same time each week, periodically reviewing this arrangement. When the time comes to end, we will agree a planned termination of our work together. Please arrive on time, as appointments cannot be extended beyond our agreed session time. **Cancellations can be made without incurring a charge if they are made at least a week ahead, otherwise the full session fee is payable.** However, please give me as much notice as possible if you know you cannot attend a future session and I will do likewise. Individual sessions are 50 minutes in length, unless otherwise agreed. First sessions with couples are sometimes 75 minutes in length. Mediation sessions are typically booked on a half-day or day basis. The duration and frequency of Coaching sessions are negotiated individually.

Professional Practice: I am a Registered Psychotherapist (UKCP), Chartered Counselling Psychologist (BPS), Registered Psychologist (HPC), Certified with the European Association of Psychotherapists (EAP) and the World Council for Psychotherapy (WCPC), an Accredited Mediator and a Country Coordinator with the Focusing Institute (New York). I abide by these respective Codes of Ethics and Practice. Confidentiality, discretion, and anonymity are taken seriously and breached only in extreme cases, when legally or ethically obliged to do so. In the unlikely circumstances that this is necessary, I will discuss it with those affected beforehand or as soon as possible. In accordance with my continuing professional registration, I am in regular clinical supervision for all my client work. This form of professional development is also subject to the restrictions of confidentiality and anonymity mentioned above. In the event of an emergency that prevents me from continuing to practice, my supervisor will be given details to contact you and inform you of the situation.

Orientation of Practice: My orientation to psychotherapy and psychological practice is existential, a form of deep cognitive work, and experiential. This means that I am interested in exploring your thoughts, assumptions and beliefs, as well as your relationship to your own feelings, other people, life projects, and embodied experience. I endeavour to take a democratic approach to understanding what arises during our sessions and to be guided by concrete changes in your experience of life related to therapy. You are welcome to ask me more about my approach to therapy at any time. I am a professional member of the Society for Existential Analysis, the Focusing Institute, the Special Group for Coaching Psychology and various other professional bodies.

Associated Work: As a lecturer, researcher, and writer, I may refer to my clinical experiences in professional articles and settings for training purposes. Any discussion of my practice focuses upon my own learning and any reference to clients is kept to a minimum, always anonymised, fictionalised, and heavily disguised so that even the persons involved would be unlikely to recognise themselves.

Other Matters: Please ask about anything that you want clarified about our work together. If you decide you are ready to think about ending therapy, please discuss that with me and we will arrange a set number of ending sessions in order to complete the therapeutic work. If we encounter each other outside of therapy I will endeavour to protect your confidentiality by not acknowledging you unless you first make contact with me – and then we will typically keep out contact to a minimum and discuss the encounter in our next session.

Fees: Fees are usually payable in advance or at each session, unless we agree other arrangements. Receipts are available upon request. If you are claiming private health insurance, please check with your provider before the session to make sure the fee is covered under your policy. My fee structure reflects my level of experience, qualifications, and training, as well as reflecting the usual levels of reimbursement for the services that I offer. Fees can vary within a set range in order to accommodate some individual diversity in levels of income.