

## Information Sheet

Dr. Greg Madison

Contact Details: Mobile +44 (0) 794 1300871 (please leave a message)

Email [info@gregmadison.net](mailto:info@gregmadison.net) (usual method of contact)

Addresses: 40 Wilbury Road, Hove & 93-95 Gloucester Place, London.

### PSYCHOLOGICAL COUNSELLING & COACHING BY SKYPE

Skype: I was sceptical. However, I have come to accept that Skype sessions can be a very effective and flexible form of providing psychological therapy. I have international lecturing commitments that mean I am not always available for weekly sessions and in these cases my face-to-face clients in London and Brighton can avail of a Skype session while I am away, maintaining the regular frequency of contact.

Session arrangements: The first step is to send an email with your basic information and location and some indication of why you are interested in sessions. In the first session we review your needs and what you'd like to change or understand better, and whether it feels right for us to work together. At the end of the session we will discuss how it felt to talk together and whether you would like to book another session. After a few sessions we usually agree to continue meeting at regular intervals, periodically reviewing this arrangement. When you feel ready to finish sessions, we will agree a planned ending of our work together. Please be ready to begin on time, as appointments cannot be extended beyond our agreed session time. Sessions are usually 50 minutes long. First sessions with more than one person (e.g. couples) are typically 75 minutes in length. Mediation sessions are flexible and negotiated with the parties involved, and usually occur in person with everyone attending. *Cancellations can be made without incurring a charge if they are made at least a week ahead.* However, please give me as much notice as possible if you know you cannot attend a future session and I will do likewise.

Make sure you are in a comfortable confidential setting for the call. I prepare myself just as if we were meeting in person, in a private office, where our discussion will not be overheard. Let me know if you prefer video or just audio – if the connection is problematic we may need to turn off the video for the duration of the session. I typically use Skype but am happy to use other software to connect. Please test your connection (home, office, hotel room etc.) to make sure it is fast enough to work with Skype.

#### Professional Practice Registrations:

I am a Registered Psychotherapist (UKCP No.015819), Chartered Counselling Psychologist (BPS No.41805), Registered Psychologist (HPCP No.PYL16243), EU Certified Psychologist (Europsych), Certified with the European Association of Psychotherapists (EAP) and the World Council for Psychotherapy (WCPC), an Accredited Mediator (Bar Council and Law Society) and a Country Coordinator with the Focusing Institute of New York. 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.

Orientation of Practice: My primary orientation to psychological practice is existential. 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 take a democratic and conversational approach to understanding what arises during our sessions and am guided by actual changes in your feelings more than by abstract psychological theories. You are welcome to ask me more about my approach to therapy at any time. I am a professional member of various learned societies including the Society for Existential Analysis, where I co-edit the professional journal, *Existential Analysis*. Please ask about anything that you want clarified about our work together. If we encounter each other in-person, outside of sessions, I will be discrete and will not initiate contact.

Fees: Fees are usually payable before the session or immediately after each session, unless we agree other arrangements. Paypal (transfer costs not included in clinic fee): [gregmadison@mac.com/](mailto:gregmadison@mac.com/)  
Santander Bank. Name: Therapedia London. Code: 09-01-27. Acct: 47578650. IBAN: GB64ABBY09012747578650. BIC: ABBYGB2LXXX

Receipts are available upon request. If you are claiming private health insurance, please authorise coverage with your provider before the session to make sure the fee is covered under your policy. My fee structure reflects my level of experience, professional qualifications, and advanced training.