



therapedia

PRACTICE INFORMATION

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Dr. Greg Madison
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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. Otherwise, please use email.

Session arrangements: The initial meeting is a full first session where we discuss 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. If we decide to begin meeting, we will set a next time. Since my practice tends to stay full, it may not be possible to meet weekly or at the same time each week. I will be transparent about that from the start. When your therapy comes to an 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 often 75 minutes in length.

Online: At the moment (summer autumn 2021) I am only offering online sessions. This can be using Skype, Zoom or Facetime. I have been offering online therapy, supervision, and training for many years and during the COVID 19 pandemic all my work went online. Sessions are very similar to in-person, with a few added suggestions: Please turn off all other running programmes on your device, request that others don't use the same internet connection during our session if possible, check your connection is fast enough and stable so that we can try to avoid technological issues. However, when issues occur I will wait for you to call me back and if needed you can text me on the number above indicating if you want to change to a different platform or audio only etc. Make sure you are in a comfortable confidential & private 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.

Professional Practice: 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), BPS & UKCP Registered Clinical Supervisor, an Accredited Mediator (Bar Council and Law Society) and a Country Coordinator with the Focusing Institute of 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 depth therapy that incorporates cognitive and experiential work. 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 what is concretely changing in your life as a result of therapy. Sessions tend to be conversational, slowing down to invite in any emotions that might arise while we talk. Please 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 Body Psychotherapy Network and various other professional bodies.

Associated Work: As a lecturer, researcher, and writer, I refer to my own clinical experiences in professional articles and professional settings for training purposes. Any discussion of my practice focuses upon my own learning rather than client material and any reference to sessions is always fictionalised and disguised and used to serve as illustration of therapeutic work generally.

Other Matters: Please ask about anything that you want clarified about our work together. If you decide you are ready to take a break or thinking about ending therapy, we will discuss it and arrange some ending sessions in order to complete the therapeutic work respectfully. If we encounter each other outside of therapy I will endeavour to protect your confidentiality by not acknowledging you unless you first acknowledge me – and then we will typically keep our contact to a minimum and discuss the encounter in our next session.

Fees: Fees are usually payable in advance or at each session (cash, cheque, Paypal [transfer costs not included in the fee], bank transfer), unless we agree other arrangements. Receipts are available upon request. If you are claiming private health insurance, please inform me before meeting & check with your provider before the session to make sure the fee is covered in full 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 of a chartered psychologist. Fees can vary within a set range in order to accommodate some individual diversity in levels of income.

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Bank details:

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