



CRITTER ASSISTED THERAPY

INFORMED CONSENT STATEMENT

I am a solo practitioner in private practice. I share offices and business resources with other clinicians with whom I consult and, when indicated, I refer clients to these clinicians to better address their psychological needs.

Please read the following information before selecting me as your therapist. This Informed consent statement, is designed to inform you of my private practice policies and professional credentials, types of services offered, fees, and my therapeutic orientation and style.

The law requires that I obtain your signature acknowledging that I have provided you with this information. Although these documents are long and sometimes complex, it is very important that you read them carefully. I encourage you to ask any questions that arise, either now or during the course of treatment. It is my goal to provide you with the highest quality of therapeutic services possible.

TRAINING

Graduate	British School of Yoga	Animal Assisted Therapy Practitioner Level 3 Solution Focussed Therapy with Animal Intervention
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PROFESSIONAL BACKGROUND

My professional experience includes providing animal assisted therapy services to : patients of secure psychiatric hospitals ; elderly care homes ; oncology wards ; schools ; homes for the severely disabled

PROFESSIONAL ORGANISATIONS

Society for Companion Animal Studies (S.C.A.S.) British School of Yoga	Personal Membership Professional Membership
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CLIENTS SERVED & THERAPEUTIC APPROACH

I provide therapeutic assessment and intervention for individuals experiencing anxiety and mood disorders, depression, psychiatric disorders (psychosis, schizophrenia, paranoia, paranoid schizophrenia etc), gender issues , victims of crime & abuse, sufferers of post traumatic stress

disorder (PTSD), autism / aspergers, ADD /ADHD, children with behavioural issues, young offenders, bereavement, substance abuse, eating disorders, self harm, relationship issues, and phobias. In addition, I can provide group therapy for all of the above, and provide emotional education workshops, invisible illness sessions, drop in sessions and more

I view therapy as a collaborative experience and a safe place where self-discovery, learning, and healing takes place. To help you, I need to get to know you and to understand your feelings and experiences as much as possible. The key to effective therapy is providing a safe place where you can explore your thoughts, feelings, and behaviours in a positive and non-judgmental atmosphere. I will listen to you, help you clarify your thoughts and feelings, and help you to begin to gain a better understanding of yourself. We will select goals or objectives together that will help you become the person you want or experience the relief you seek.

I take a holistic (systems/ecological) perspective to treatment. I use an eclectic approach of using a combination of Solution Focussed Therapy (where we concentrate on your future and not your past) and Rational Emotive Behaviour Therapy (where we concentrate on how your beliefs affect your emotional well being), we do this with the use of animal intervention and mindfulness meditations. Often times, how we feel about ourselves, others, and situations has a lot to do with the stories of our lives and problems that are manufactured in social, cultural and political contexts. Each person produces the meaning of their life from the stories that are available in these contexts. I collaborate with clients to create alternate stories that creatively solve their problems and increase their understanding, satisfaction, and fulfilment in life. As a result, I am very committed to understanding and incorporating cultural aspects of your life and our work together into treatment. There is significant evidence that culture influences treatment outcomes, so it is important that we discuss those matters as they arise in addition to cultural differences and how they may influence treatment.

When trauma occurs, the brain stores the memory of the trauma differently than it does for everyday experiences. The original sights, sounds, emotions, and body sensations are stored frozen as when the trauma first occurred. These phenomena explain why people can become triggered by something in the environment today and react like as if they were experiencing the trauma again. I teach clients to be mindful of what they are experiencing in their body to help them process the trauma. I use mindfulness meditation as an effective strategy to help people who have experienced traumatic events.

THERAPY ANIMAL , ACTIVITIES & CREDENTIALS

A therapy animal provides a welcome distraction when added to a session, and helps with relaxation and communication. They also allow a softer focus especially when the subject matter is difficult for a client to discuss.

The therapy animal will be chosen by you from the selection on offer. All of the animals are experienced service animals who have been approved for use in therapy, through a rigorous set of selection criteria. They are all continuously assessed to ensure compliance with these, and any animal deemed to become unsuitable is retired until such time as they have attained the standard required to work with clients – therefore an animal may be withdrawn from service at any time. You will be informed and a suitable replacement will be agreed. New animals will go through an assessment and “training” period, and added to the list if they reach the high standards required.

There are a selection of dogs, cats, skunks, chinchillas, rabbits, guinea pigs, skinny pigs, hedgehogs, tortoises, snakes, lizards and insects. This list is by no means exhaustive and may be added to at any time.

Animals used for therapeutic interventions help in a variety of ways, and the following activities may be undertaken with them : grooming ; walking ; training ; feeding ; playing ; watching ; petting. Again this list is by no means exhaustive and I am happy to discuss your requirements with you, and if it is deemed appropriate and safe for the animal, then it may be agreed as a new interaction.

The client reserves the right at any time, to request that the animal be removed from the session, or indeed, that the animal is not present for the whole session leaving the therapist to discuss with the client, without the distraction of the animal. The therapist reserves the right at any time to remove the animal from the session, if the animal's welfare is not being upheld by the client, or the animal is felt to be in a dangerous or disrespectful interaction.

APPOINTMENTS & FEES

Individual sessions are 60 minutes. If you are unable to keep an appointment please give at least 48 hours notice to avoid charges. The full session fee will be charged if no notice is given within 48 hours prior to the appointment. My fees for private consults are £100.00 an hour paid either by cheque or cash at the time of your session or paid by BACS transfer in advance. If a group of 3 or more sessions are booked in advance and at the same time, and paid for in full by BACS, then a discount of 10% per session will be given.

The details for BACS payments are :

Bank : Barclays
Account Number : 03447081
Sort Code : 20-81-00
Name : D Preece-Kelly T/A Critterish Allsorts

Cheques should be made payable to "Critterish Allsorts" (any returned are subject to a £25 handling fee)

If you require me to write a letter, or report on your behalf the charge will be discussed with you depending upon what materials are needed and time involved.

CONTACT & EMERGENCIES

If you need to reach me at any time, you may contact me at 07794 342355. You can leave a confidential voice-mail message which I check often. During non-office hours, calls will be returned by the next regular business day. If you are having an emergency and cannot reach me call 999 or go to the nearest hospital A & E.

CONFIDENTIALITY

As a professional, I abide by the laws and ethical principles that govern client privilege and confidentiality. I will not disclose to anyone anything you tell me, not even the fact that I saw you, without your specific written permission using a signed Release of Information form.

1. It is legally required that I act to prevent physical harm to yourself or others when there is a “clear and imminent” danger of that happening. I will do whatever is necessary to preserve life including but not limited to seeking medical care or requesting police assistance.
2. I am required to report cases of abuse of a child, elderly, or disabled person.
3. If either of the above is relevant, I may be required to release clinical information regarding your treatment including a diagnosis and evidence of treatment to the police or social services.
4. I may have to release records when ordered by a judge or court to do so. If you anticipate being involved in legal proceedings please inform me when we begin therapy so that I may explain how this may impact your confidentiality.
5. In a medical emergency.

RECORD KEEPING

A clinical chart is maintained describing your condition and your treatment and progress in treatment, dates of and fees for sessions, and notes describing each therapy session. Your records will not be released without your written consent, unless in those situations as outlined in the Confidentiality section above. Records are locked and kept on site.

COMPLAINT PROCEDURES

If you are dissatisfied with any aspect of the therapy process, please inform me so we can determine if our work together can be more effective or whether a referral would be appropriate. I encourage you to discuss any questions or concerns you have about entering into a therapeutic relationship with me.

Signed (Client) : _____

Date : _____

Print (Client) : _____

Signed (Therapist) : _____

Date : _____

Dale Preece-Kelly