



ORAH BRADSHAW
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Declaration Statement:

Orah Bradshaw: Therapeutic Counsellor

The method of therapy I use is designed to teach specific tools to help deepen friendship and intimacy in your relationship, manage conflict and to create shared meaning. I work with an integrative approach which is influenced by the Gottman Method of couple's therapy. This method is founded on the research of Dr. John Gottman that began in the 1970's and continues to this day. The research has focused on what makes relationships succeed or fail. The method emphasises a "nuts and bolts" approach to improving client's relationships. Couples very often come for counselling at moments of crisis and change; exploring these difficulties with your partner in a therapy setting can increase your understanding of each other's experience and your awareness of how you are relating together.

The Five Parts of Therapy

The Phone Conversation

I will want to speak to each of you on the phone briefly before we meet. During the phone conversation I will ask you to highlight a couple of bullet points that define what you see as your relationship issues. We will confirm the assessment sessions and our ongoing work together. **Please let me know of any holiday or work commitments that could delay us starting therapy after the assessment.**

The Assessment:

The Assessment is completed over three sessions. In the first we meet for 80 minutes. I will be asking you to fill out a number of questionnaires which are an informative part of the process and can induce insight for you both. In the second I will meet each of you for 50 minutes and in the third we will meet together again for 80 minutes and we will summarize what we see as the strengths in the relationship and the areas that need improvement. I will give you feedback about your relationship and formulate mutually agreed upon goals, talk about where to begin and how the therapy could work. In taking the time and care over this assessment period we can help to ensure the therapy meets your expectations.

Treatment:

Teaching Specific Tools: Areas we focus on

To help you productively manage conflict, we can work with methods to manage problems, and dialogue about perpetual issues. I will teach you specific tools to deepen friendship and intimacy helping you appreciate your relationships strengths and to gently navigate through its vulnerabilities. Together we can work to help you consider how as a couple you can create a system of shared meaning.

Phasing out of Therapy and Endings

In the later stages of therapy, we can meet fortnightly for a couple of sessions for you to test your relationship skills and to prepare for termination of the therapy. Although you may end therapy whenever you wish it is most useful to have at least one session together to summarise progress, define the work that remains and say goodbye.

Outcome Evaluation

You can choose to have a follow-up session or sessions after 6 months as per the Gottman method. These sessions have been shown through research to significantly decrease the chances of relapse into previous, unhelpful patterns. The purpose of any follow-up sessions would be to fine-tune your relationship skills if needed, and to evaluate the effectiveness of the therapy received.

Assessment and fees

Fees for the assessment of your therapy are based on the number of hours needed to complete the three-step process at a charge of £72 an hour. I do not charge you extra for any paperwork. After the assessment period phone contact required outside the sessions during therapy which lasts for longer than 10 minutes is charged at my hourly rate.

Session #1 Intake Interview 80 mins.....£96

Session #2 Individual Interviews 50 mins each (total 100mins)£60 each

Session #3 Treatment Planning 80 mins.....£96

Total cost of the assessment process is £312; ongoing work begins at 80mins weekly sessions.....£96

Research supports chunking the therapy at the beginning and a phasing out process. This result in less relapse with the hours spent in therapy the same as those who attended for shorter sessions over a longer period of time and experienced later relapse after therapy.

Ethics and code of conduct

I am bound by the code of ethics within BACP and am subject to their complaints procedure. A copy of the ethical framework for good practice in Counselling and Psychotherapy can be found on the BACP's web site at www.bacp.co.uk/ethical_framework.