



## **Service Statement – Aims and Objectives of Therapy at DRASACS**

### **Our Charitable Aims:**

- To relieve the mental and physical distress of people who have suffered sexual assault, in particular by providing a free at source therapy service.
- To relieve the mental distress of people supporting and/or caring for adults or children who have been sexually assaulted by a third party/parties, in particular by providing counselling, group work and information.
- To advance the education of the public by raising awareness, and promoting and/or conducting education and research around the areas of sexual assault.

### **Type of Therapy Offered:**

- Therapy at DRASACS is delivered using Integrative therapy, which is rooted in the principles of Person-Centred Counselling.
- DRASACS can offer therapy in different mediums based on the needs and suitability of clients such as by telephone, webcam or face to face.

### **What to Expect:**

- Your therapist will not offer you advice. Your therapist will be accepting and non-judgemental, offering empathy and sensitivity to your needs. They want to help you to decide for yourself what is right for you. If your therapist is unable to attend a session, every effort will be made to let you know as soon as possible and to rearrange your appointment. Your therapist is a member of the British Association for Counselling & Psychotherapy (or equivalent) and is bound by the Ethical Framework for good practice in counselling & psychotherapy and BACP's Professional Conduct Procedure. A copy of this is available on request.

## **Confidentiality**

**Confidentiality** will be maintained to the highest degree and we will not usually disclose any information unless you specifically request us to do so in writing (when we will usually only confirm your attendance, for which a charge may be made). There are some circumstances in which we are unable to preserve confidentiality and are required to report our concerns to the appropriate authorities: -

- If we believe there is an indication that someone is at significant risk of harm, for example: you (the client), someone else (a child, other vulnerable person, the counsellor) or an animal.
- If you tell the police or a legal representative that you have engaged in counselling, we may be required to release information about you, including any session notes.
- We are required to pass on to the police information regarding money laundering and/or drug trafficking and/or harm intended to others through the planning or carrying out of terrorist activities.

In these circumstances, we will try to:-

- Seek your written permission and involvement wherever possible.
- Aim to balance your need for privacy and confidentiality with our professional, ethical and legal responsibilities.
- Seek consultative support from an appropriately qualified professional

Further information on disclosing confidential information can be found in the 'Safeguarding Policy' ([www.drasacs.org.uk](http://www.drasacs.org.uk)).

Our therapists are professionally and ethically obliged to seek consultative support from a clinical supervisor at regular intervals to ensure that they are working effectively and safely with you, although your identity will not usually be revealed.

**We have a team of qualified and skilled therapists; however, on occasions we may not be the best service to support someone at that time. In this instance we will signpost you to the organisation we feel would best suit your needs.**

## Face to Face Therapy

Counselling is a challenging and emotionally taxing activity; counsellors are trained to support people during this process. The bullet points below set the boundaries of face to face counselling to ensure the activity is conducted in a safe ethical manner:

- We will initially offer 6 sessions, at which point there will be a review where you and your counsellor may agree further sessions up to a maximum of 20
- The therapy usually will take place at 25 Thorne Road, Doncaster, DN1 2EZ. Alternatives can be arranged for people with disabilities.
- Each therapy session will last for up to 50 minutes and will usually take place at a frequency of once per week.
- If you are unable to keep an appointment, please let us know as soon as possible by telephoning (01302) 360421 or texting 07717 036750. An agreed number of sessions may be cancelled in this way and any further cancellations will be deducted from your sessions. If you do not attend and we do not hear from you by 10.30 the following morning, no further sessions will be offered.
- It is a requirement that you do not come to the counselling sessions under the influence of alcohol or non-prescription drugs.
- If the therapist is unable to attend a session, we will make every effort to let you know as soon as possible.
- We are not medically trained and therefore, in the event of a medical incident, we will telephone for an ambulance to attend.
- The safety of staff & clients is paramount and any actions which may compromise this will not be tolerated.
- We are unable to accommodate other adults or children during sessions as we do not have waiting facilities or a crèche.

## Therapy by Telephone

Therapy is a challenging and emotionally taxing activity; therapists are trained to support people during this process. To ensure that we are acting in both an ethical and safe manner there is specific criteria in place for people who wish to have counselling by telephone. There is **safety indicators** (criterion) to keep you safe during, and immediately after a session.

If we feel that it is not safe to offer therapy through telephone, as it cannot meet your needs at that time, the option to have support face-to-face will be offered and a review will take place after six sessions to explore the options of different mediums.

- We will initially offer 6 sessions, at which point there will be a review where you and your counsellor may agree further sessions up to a maximum of 20
- The therapy will take place over the telephone, the cost of the call will be incurred by the client and we will make three attempts to contact you at the agreed time.
- For your confidentiality it is important that you are in a private, quiet environment during the session and expect not to be interrupted. If the therapist believes that you are not alone particularly regarding the presence of children, the session will be terminated.
- We are not medically trained and therefore, in the event of a medical incident, we will telephone for an ambulance/medial support. To facilitate this, on confirmation of an appointment we will require:
  - The address of the location where you will be during the session.
  - The name and address of your GP or GP surgery
- Each therapy session will last for up to 50 minutes and will usually take place at a frequency of once per week.
- If you are unable to keep an appointment, please let us know as soon as possible by telephoning (01302) 360421 or texting 07717 036750. An agreed number of sessions may be cancelled in this way and any further cancellations will be deducted from your sessions. If you do not attend and we do not hear from you by 10.30 the following morning, no further sessions will be offered.
- It is a requirement that you are not under the influence of alcohol or non-prescription drugs.
- If the therapist is unable to deliver a session, we will make every effort to let you know as soon as possible.
- The safety of staff & clients is paramount and any actions which may compromise this will not be tolerated.

## Therapy by Webcam

Therapy is a challenging and emotionally taxing activity; therapists are trained to support people during this process. To ensure that we are acting in both an ethical and safe manner there is specific criteria in place for people who wish to have therapy by webcam. There is **safety indicators** (criterion) to keep you safe during, and immediately after a session.

If we feel that it is not safe to offer therapy through webcam as it cannot meet your needs at that time, the option to have support face-to-face will be offered and a review will take place after six sessions to explore the options of different mediums.

- We will initially offer 6 sessions, at which point there will be a review where you and your counsellor may agree further sessions up to a maximum of 20
- The therapy will take over webcam using secure software 'Zoom'. It is the client's responsibility to ensure their equipment is compatible with the software in advance of any session. Instructions will be supplied.
- We have endeavoured to source a reliable and secure software package; the client accepts that any damage to equipment as a result of using the software is their personal responsibility.
- For your confidentiality it is important that you are in a private, quiet environment during the session and expect not to be interrupted. If the therapist believes that you are not alone particularly regarding the presence of children, the session will be terminated.
- We are not medically trained and therefore, in the event of a medical incident, we will telephone for an ambulance/medial support. To facilitate this, on confirmation of an appointment, we will require:
  - The address of the location where you will be during the session.
  - The name and address of your GP or GP surgery
- Each session will last for up to 50 minutes and will usually take place at a frequency of once per week.
- If you are unable to keep an appointment, please let us know as soon as possible by telephoning (01302) 360421 or texting 07717 036750. An agreed number of sessions may be cancelled in this way and any further cancellations will be deducted from your sessions. If you do not attend and we do not hear from you by 10.30 the following morning, no further sessions will be offered.
- It is a requirement that you are not under the influence of alcohol or non-prescription drugs.
- If the therapist is unable to deliver a session, we will make every effort to let you know as soon as possible.
- The safety of staff & clients is paramount and any actions which may compromise this will not be tolerated.