First Step

Private Person Centred Counselling / North Wales

YVONNE SHAW MBACP Adv Dip Couns

Tel: 07729 316551
Fax: 01490 440553

Email: **yvonne@first-step-counselling.co.uk**

INITIAL CONTACT

Your Information:

Before counselling sessions can begin I need to know more about you. Obviously the more you can tell me about your situation and any background information you feel relevant, the faster we can begin the actual process of counselling. This way you will gain the maximum benefit for your time and money and the process will be able to move at a faster pace.

Please do not worry about spelling, as long as I can make sense of what you have written the spelling is unimportant. I want you to write freely without censoring yourself and with honesty.

I will not give you advice I will discuss issues with you to hopefully help you find a solution that is the best one for yourself. You are your biggest expert and I believe deep down you know the answers. I will help you shine a torch on areas you may have overlooked.

After I have received this information I will send you an e-mail of acceptance and a reference number.

Important: Again please make sure that your keep your Counselling emails in a private locked file if you share your computer with a third party. Also if you choose to share your Counselling Sessions with a third party please be aware that you will be exposing yourself to opinions and comments that may not be in *your* best interest.

Please also include any other information you feel you can tell me about yourself, and of course, what you would like to look at / work with during our sessions together.

If you have any questions regarding my Service please submit them with the attached page.

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CLIENT DETAILS

Office Use Ref. No.

Name:	
Email Address:	
Age:	
Postal Address:	
Post Code	
Doctor's Name:	
Surgery:	
Occupation:	
Please Confirm you have read the Terms & Conditions:	

Background Info: