

# What do you mean by...

## ...Counselling?

Counselling is, in its simplest form, a structured conversation between two or more people. It encourages new ways of thinking and signposts resolutions to problems.

Your counsellor will listen and learn to understand and respect you as a person. The trusting relationship that develops is non-judgmental and therefore allows a process of exploration to take place in a safe and secure environment.

## ...Psychotherapy?

Psychotherapy is an umbrella term that includes many techniques designed to help deal with aspects of our emotions or behaviour that we wish to change. Modern psychotherapy has evolved since Freud. Techniques including those used in counselling and hypnotherapy bring new perceptions that lead to beneficial changes in how we feel and how we act.

Psychotherapy offers new ideas and possibilities, new ways to behave and new directions to follow. It offers us new choices in the way we deal with situations and provides us with the resources we need to make those changes possible.

Each of us is a unique person in our own right. Your psychotherapist will utilise the techniques that are most appropriate and integrate them in the best way for each individual client.

## ...Hypnotherapy?

Hypnotherapy is simply the use of hypnosis as a psychotherapy tool. On its own, hypnosis is a very pleasant and relaxing experience.

In this pleasant and relaxed state your therapist is able to suggest areas of beneficial change. The hypnotic state enables unconscious processing of ideas and acceptance of change much faster than is usually possible in a fully conscious state.

If you have any further questions about your therapist or the NACHP, then please contact:

NACHP  
PO Box 719  
Burwell  
Cambridge  
CB5 0NX

**UK Helpline: 0870 850 5383**

Fax: 01638 744190

Email: [mail@nachp.org](mailto:mail@nachp.org)

Web: [www.nachp.org](http://www.nachp.org)



THE UK'S ONLY NATIONAL CHARITY  
FOR COUNSELLING, HYPNOTHERAPY  
AND PSYCHOTHERAPY



# Good Therapy

What you can expect from  
your NACHP  
accredited therapist.



Produced by the  
National Association of Counsellors, Hypnotherapists  
and Psychotherapists

The therapist you have consulted is either a Full or Associate Member of the National Association of Counsellors, Hypnotherapists and Psychotherapists (NACHP) which has been in existence since 1977 and is one of the oldest therapy accreditation bodies in the UK.

Full Membership of the NACHP is awarded only to those clinicians who have either passed the NACHP's Entrance Examination or have otherwise satisfied the Board as to their expertise and qualifications to practise and have undergone a prescribed period of supervision. Full Members are permitted to use the letters MNACHP after their name.

Associate Membership of the NACHP is awarded to those clinicians who have passed the NACHP's Entrance Examination or have otherwise satisfied the Board as to their expertise and qualifications to practise and are currently undergoing a prescribed period of supervision. Associate Members are permitted to use the letters AMNACHP after their name.

You are entitled to receive the highest standards of competence, care and confidentiality from your NACHP-accredited therapist.

This leaflet summarises what you may expect from your therapist whilst you are receiving treatment.

## Competence

Your therapist is a Full or Associate Member of the NACHP and has received suitable, accredited training.

All NACHP Members are expected to keep up to date with latest knowledge and respond to the changing circumstances of the profession.

Your therapist is bound by the NACHP's Codes of Conduct and Ethics. A full version is available from the NACHP upon request.

All NACHP Members carry professional indemnity insurance. No Member will offer any service to you which they are not qualified to provide and for which they do not carry full indemnity insurance.

Your therapist will tell you about the nature of the services they are offering you.

All information you receive from your therapist about therapy services should be honest, accurate, avoid unjustifiable claims and be consistent with maintaining the standard of the profession.

## Care

Your therapist may inform you of the likely number of sessions you may need, what the cost will be, and any other relevant information as early as possible in the course of treatment.

The course of treatment should be designed to achieve the desired outcome in the smallest number of sessions possible.

The premises in which the therapy takes place should be comfortable and private. There should be no opportunity for the sessions to be overheard or disturbed unnecessarily.

Your therapist will be sensitive to your beliefs, ethnic/race origins, gender and/or sexual orientation and will not ask intrusive questions about your sexual behaviour unless there is a clear and justifiable need to do so.

Your therapist will act and behave responsibly and appropriately towards you at all times.

Your therapist will discuss ending the therapy sessions with you and will explain the reasons clearly to you.

## Confidentiality

Your therapist will respect the rules of confidentiality and demonstrate integrity in his/her dealings with you.

All your personal details, the nature of the problem, the therapy given and your identity will remain confidential between you and your therapist.

Any of your details and the therapy you have received may only be disclosed to an appropriate third party (e.g. a doctor) as part of your overall treatment. This should only be done with your written consent except in exceptional circumstances or where your therapist is legally required to do so.

Your therapist may keep records of your personal details, documents, copies of letters, etc. If such records are kept then your therapist must be aware of the provisions of the Data Protection Act 1998 and comply with it.

All records referring to you (with the exception of your therapist's private notes) must be fully available to you when you ask your therapist for them.