



Daring2b – Heart Centred Living and Leading

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Spiritual Counselling and Bereavement Support

As a spiritual counsellor I am committed to:

Creating professional and confidential boundaries to allow space for my clients to express their uniqueness and be open and honest about the way they feel

Establishing trust with a client by:

- Showing and expressing genuine concern for my client's welfare
- Demonstrating and committing to personal integrity and honesty and sincerity
- Signposting to other relevant professionals if additional support is needed

Through our time together I would seek to help a client:

- Gain clarity and perspective on any issues that are arising for them
- Help them to find their own solutions and concepts so they are empowered to make wise choices for themselves
- Help them to find closure on behaviours that no longer serve them
- Help them to find ways to communicate with those that are important in their lives including fostering self-compassion and self-care
- Help them to find new perspectives on old situations

We would mutually agree:

- A suitable environment for a counselling session whether by phone, Skype or face to face
- Timing that is mutually convenient for our 1 hour sessions
- A fee of £XXX per session
- To provide undisturbed time for counselling sessions
- To treat each session as a stand-alone session unless by prior agreement it is agreed as a series of counselling sessions
- To share if either party do not feel it is working and agree a way to close the relationship with authenticity and integrity

Reverend Alison Riches November 2016