

# CLIENT INFORMATION SHEET

## **INGRID RHEA ORD**



### **Training and Experience**

I am accredited as a Cognitive Behavioural Psychotherapist with the British Association of Behavioural and Cognitive Psychotherapists, and have over 20 years of experience in working with adult and adolescents in individual, couples and group therapy.

I did my undergraduate degree in 1973-75, followed by an honours degree and a postgraduate teaching diploma in school psychology. In 1998 I went to London to do an MSc in Psychology.

I engage in Continuing Professional Development (CPD), attending at least 30 hours training annually. Through continuous reading of technical books and journals, and researching current empirical work I maintain an approach which takes advantage of the extensive global development in this field.

I am also a peer-accredited trainer in ACT (Acceptance and Commitment Therapy) and regularly consult an international consultant in this regard.

In 2009 a CD called 'Mindfulness and Christian Meditation' was launched, with the transcript and narration being done by me. In 2014 my book, 'ACT with Faith' was published to help non-Christian ACT therapists to work more efficiently with their Christian clients. The aim was to write in such simple language that it could be understood by the layman. This has proved to be the case. It is only available from [www.actwithfaithbook.com](http://www.actwithfaithbook.com).

### **Codes of Ethics**

I abide by the following codes of ethics and complaints procedures:

- British Association for Behavioural and Cognitive Psychotherapies (BABCP).
- British Psychological Society (BPS)

### **Supervision**

Good practice requires regular supervision of cases as this ensures standards are maintained in counselling, therapy and coaching.

I receive regular supervision with an accredited supervisor, and will be happy to supply you with his details.

### **Confidentiality**

The trust between client and therapist is crucial to the success of the process and I treat all information disclosed as confidential. Any details a Supervisor receives are also treated as confidential and I do not disclose client details to a third party without the client's permission. However, if in my opinion a client is a danger to him/herself or to others I do reserve the right to inform the next of

kin/parents/guardians, or other appropriate persons previously agreed upon. It is my practice, wherever possible, to inform the client first.

## **My Approach**

There are many different models of counselling to choose from. I do not believe there is one model that helps everyone as each person is an individual and what might suit one person may not necessarily suit another.

I use Acceptance and Commitment Therapy as the standard approach.

Acceptance and Commitment Therapy is a powerful new psychotherapy based on cutting-edge research into how the human mind works. It has been clinically proven to be successful in a wide range of psychological problems. (The unusual name of this therapy comes from one of its key themes: Learn how to **accept** those things that are out of your control, and **commit** to changing those things that can be changed to make your life better). This is a very active therapy. It's not one of those therapies where we just *talk* about your problems. It's a therapy in which you actively learn new skills to improve your quality of life.

We have two basic aims in this therapy:

One aim is to help you create a rich, full and meaningful life. To do that, we'll need to spend some time talking about what you really want out of life; what's important and meaningful to you, deep in your heart. We call this 'clarifying your values'. Values are your heart's deepest desires for what you want to do and how you want to be during your short time on this planet. Then, using that information as a guide, we'll look at how you can set goals and take action to change your life for the better - and in the process, develop a sense of meaning, purpose and vitality.

Our other aim is to help you to learn a set of skills that will allow you to handle painful thoughts and feelings far more effectively, in such a way that they have much less impact and influence over your life. We call these skills 'mindfulness skills'. Mindfulness is a mental state of awareness, openness, and focus. In a state of mindfulness, painful thoughts and feelings have much less impact on us. In a state of mindfulness, we can effectively handle even the most difficult feelings, urges, memories, thoughts and sensations - and as we learn to do so, we can break self-defeating habits or destructive patterns of behaviour; let go of self-defeating beliefs; rise beyond our fears, and change our attitude in life-enhancing ways. In a word, we learn to become 'observers' of ourselves, and how we behave in accordance with what is important to us, whilst being aware of whatever 'shows up' in our experience.

A key part of this therapy will involve you learning those mindfulness skills in the session, and then taking them home and practising them in between sessions. The more you practise, the more benefits you'll get - and vice-versa. What this means is, that in some sessions we will actually need to bring up some of those painful thoughts, feelings, memories, sensations and urges during the session - so you can practise using these new skills to handle them better. Because of this, at times this therapy may be very challenging. However at all times we will be working collaboratively, as equal team-players - so you will never be pushed or coerced into anything you are unwilling to do.

It's always hard to know how many sessions this will take. A good rule of thumb is to commit to six sessions, and then on session six, we'll take stock, see how you're going, and see if you need any more. If you find that you don't need that many sessions, that's fine too. Also, we have to be realistic; no therapy works for

everyone, so if this approach doesn't seem right for you, or you're not happy with the way it's progressing, let me know and we will look for alternatives for you.

***Cancellation Policy:***

A full **24 hours notice** is required for cancelled appointments otherwise the full fee is payable.

**Groups & Courses:**

- 1) **Formal training for Mental Health professionals in the basics and practise of Acceptance and Commitment Therapy (ACT)**  
Times to be agreed collaboratively – 3 hours to 3 days
- 2) **Compassionate Awareness Training, Counselling and Coaching for Professionals:** 3 day intensive experiential workshop,  
Maximum 10 people
- 3) **A model for Christian Counselling:** 3 day intensive experiential workshop,  
participants for lay workers  
Maximum 10 people
- 4) **Compassionate Awareness Workshop:** 1 Day intensive experiential workshop (on demand)  
Maximum 10 people
- 5) **WEEKLY GROUPS: General and specific coaching:** 6 sessions of 90 mins each: (On demand)
  - Dealing with depression
  - Coping with Panic attacks and anxiety
  - Help with PTSD (Post Traumatic Stress Disorder)
  - ACT for AdolescentsMaximum 10 people

Please let me know if you are interested in any of the above groups. Prices on request.

Individual consultations: \$115 or £90 per one-hour session.

**Contact**

There are times when I am unavailable for various reasons. To allow messages to get through I have a confidential voicemail service that I encourage clients to use, on the following number:

**+44 7535 169 488**

I can also be contacted by email at [ingridrhea@gmail.com](mailto:ingridrhea@gmail.com). If I need to make contact with you I will simply leave my name and telephone number should you be unavailable.

## **Issues for You to Consider**

***Here is a list of topics or questions you may wish to raise when considering therapy:***

1. Check that your practitioner has the relevant qualifications and experience
2. Check the approach the practitioner uses and how it relates to your problem.
3. Check that the practitioner is in Supervision (a professional requirement)
4. Check that the practitioner is a member of a professional body and abides by a code of ethics.
5. Discuss your expectations of therapy and/or coaching and the goals you want to achieve.
6. Ask about fees and discuss the frequency and estimated duration of sessions
7. Arrange regular review sessions with your practitioner to evaluate your progress.
8. Do not be coerced into a long-term contract unless you are satisfied that it is necessary and beneficial to you.

*If you do not have a chance to discuss the above points during your first session discuss them at the next possible opportunity.*

## **General Issues**

1. Practitioner self-disclosure can be useful. However, if sessions are dominated by the practitioner discussing his/her own problems at length, raise this in the session.
2. If you feel uncomfortable, undermined or manipulated at any time within the session discuss this with the practitioner. It is easier to resolve issues as and when they arise.



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### **Ingrid Ord**

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Accredited with the BABCP

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