
CHRIS GRAHAM PSYCHOLOGY

FAQ

WELCOME

Some questions you might have about working with me

What if I see you in public?

- If we meet in public, it is your choice to acknowledge me (or not!). If you do, I will aim to warmly return the hello. And if you don't, please know that is totally okay and that there will be no hurt feelings on my end! The main risk of saying hello to me is that, even though I will not acknowledge that you are my patient, people may conclude that you are/were a patient of mine – which I will neither confirm nor deny.

May I give you a gift?

- This is a valid question.** My code of ethics is clear – I am not to profit from patients other than to receive payment for my services. This said, cards expressing gratitude and small gifts (of little to no cash value) are always welcome but, of course, never expected.

Can I interact with you on social media?

- I must keep my relationships with my patients confidential. I do not accept friend or contact requests from my patients (past or current) on social media and will not follow or post to you via social media. If you post on any of my social media pages, people may make assumptions about our connection. I will not reveal how I know you.
- ➔ **FYI:** My code of ethics does not allow me to solicit or post patient testimonials. I advise you to post testimonials or reviews with extreme caution – others may understand you to be my patient and this may have unintended consequences. Please know that I cannot respond to public testimonials or reviews, as this would involve confirming or denying my professional connection to an individual.

Can we be friends or have a relationship outside of counselling?

- In short, not really. While I hold a great deal of love, admiration, and respect for my patients, I recognize that much of what makes the counselling relationship effective is that which makes it different from other relationships. Our relationship will be largely confined to the time spent together in our appointments.

How can I make therapy as effective as possible?

- You may benefit from completing any homework we discuss, making note of topics you would like to discuss in therapy, and practicing skills outside of therapy.
- Communicating your experiences with me throughout the therapeutic process may help to minimise your risks and maximise your benefits.

Therapy is most effective when you are comfortable with your therapist. If you do not feel connected with me or you do not feel I am a *'good fit'* for your therapeutic needs and desires, I encourage you to communicate your discomfort with me so I can alter my behaviour or assist in providing a referral to another professional. I won't be offended! Remember, too, that if you aren't happy with our therapy, you are entitled to a free session to discuss this (as detailed in my consent form).

How long is therapy?

- I believe that therapy should last as long as it helps - which means as long as we want and need it to be.
 - It's important that therapy continues to help foster growth, positive change, and health.
 - I invite us to regularly evaluate progress. This allows us to decide if there is value in continuing to meet and to consider frequency of sessions.

How often should we meet?

This depends on a number of factors, such as our mutual schedules and financial considerations. This said, **therapy works best when consistent**. To begin, I generally encourage sessions to be held weekly or every other week to help in reinforcing consistency and regularity in therapy. I trust that you are the expert in yourself and encourage you to book in at your own convenience. I invite us to regularly discuss the frequency of our meetings.

Your last session is free

- If we have had 20+ sessions together and you would like to end therapy with me, I warmly offer you our last session at no cost to you. This 50-minute session offers us an opportunity to formally end our time together, and reflect on your experience of therapy. Just let me know this is your intention and I will be happy to honour this policy. And yes - you can still choose to return to work with me in the future!