



www.calmhorizons274.com

Welcome to Calm Horizons

I'm so glad you've chosen to begin therapy. This guide is here to help you feel comfortable and informed about how we'll work together.

■ What to Expect

- Sessions last 50 minutes and usually take place weekly.
- The space is yours to talk about whatever feels important.
- Therapy is a collaborative process — we'll move at a pace that works for you.

■ Practical Bits

- Fee: £40 per session, payable 48 hours in advance.
- If you need to cancel, please give at least 48 hours' notice.
- Missed or late cancellations will be charged in full.

■ Confidentiality

What you share in sessions is private. The only times I may need to break confidentiality are if: • You are at risk of serious harm, • Someone else is at risk, • I am legally required to share information. If this happens, I will always try to talk with you about it first.

■ Between Sessions

If you need to change or cancel an appointment, please get in touch. For non-urgent matters I usually reply within 48 hours. Please note I cannot provide emergency support. If you are ever in crisis, please call 999, your GP, or Samaritans (116 123).

■ Ending Therapy

Therapy doesn't have to go on forever. We'll regularly check in on how things are going, and when the time feels right, we can plan an ending together.

■ A Final Note

Therapy can feel like a big step — and it's normal to feel nervous. I'll do my best to create a safe, supportive space where you can explore at your own pace.

I look forward to working with you.

Stuart Wharton Therapist, Calm Horizons