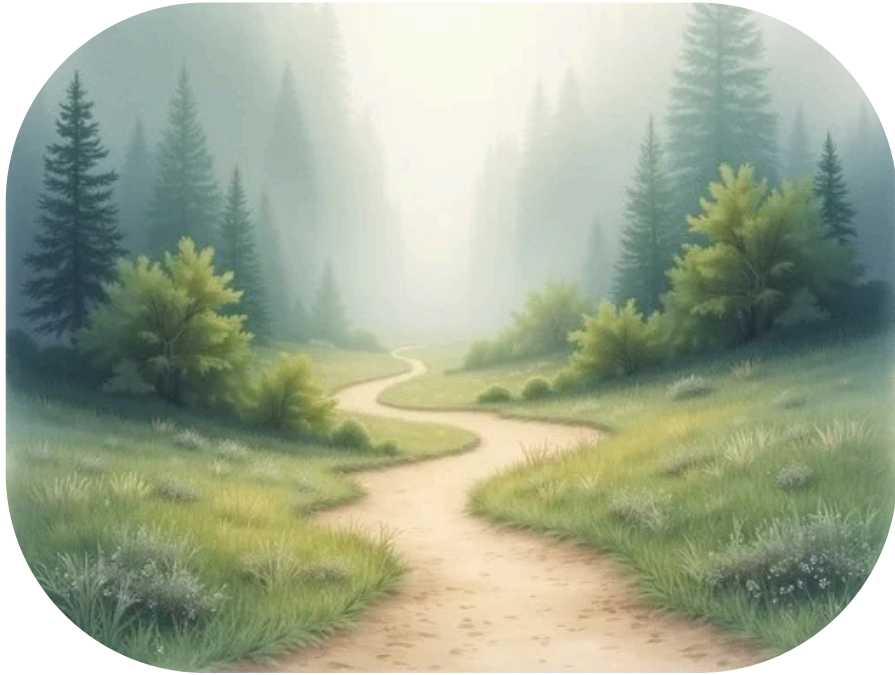


# Personal Therapy



*Information about working with me*

**Shirley Brocklehurst MA RDMP PP**

*Humanistic Integrative Therapist  
Dance Movement Psychotherapist  
Clinical Supervisor*



[www.shirleybrocklehurst.uk](http://www.shirleybrocklehurst.uk)

# Welcome



Thank you for your interest in therapy.

Reaching out for support can be a significant step, and I appreciate you taking the time to learn more about how I work.

This information pack provides an overview of my approach, what you can expect from therapy, and the next steps if you decide to arrange an Initial Consultation

*Finding the right therapist is important. I hope this information helps you decide whether I may be the right person to support you at this time.*



Personal Therapy

## About Me



I came to psychotherapy through a long-standing interest in human relationships, creativity, movement and the ways people find meaning during difficult periods of their lives. These interests continue to shape how I work today, both as a therapist and as a supervisor.

My approach is grounded in humanistic and integrative values. I believe that growth often happens through reflection, curiosity and authentic connection, and I aim to bring these qualities into the therapeutic relationship.

*MA Dance Movement Psychotherapy*

*Registered Dance Movement Psychotherapist (RDMP)*

## My Approach

- Humanistic Integrative
- Relational
- Embodied perspective
- Optional creative approaches
- Collaborative working

As a Humanistic Integrative Psychotherapist, I draw on a range of therapeutic perspectives, adapting my approach to meet your individual needs rather than expecting you to fit a particular model.

I work collaboratively, recognising you as the expert in your own life, and together we can explore your experiences, challenges and aspirations at a pace that feels right for you.

Alongside talking therapy, I bring an awareness of the connection between mind and body, and may offer creative or embodied approaches where appropriate. These are always invitations rather than expectations, with the aim of helping you develop greater self-understanding, resilience and the capacity to make choices that feel aligned with who you are.

## What I can help with



- Anxiety
- Stress
- Low mood
- Self-esteem
- Relationships
- Bereavement
- Life transitions
- Trauma
- Identity
- Personal growth

The areas listed above are examples rather than a complete list. Many of the difficulties people experience overlap and influence one another, and it is often not possible—or necessary—to fit your experiences into a single category. For example, anxiety may be connected to past experiences, relationship challenges, low self-esteem, loss, or significant life changes. Therapy provides a space to explore your unique circumstances and experiences, rather than focusing solely on labels or symptoms. If you are unsure whether therapy with me may be helpful, we can discuss this during an Initial Consultation.

*"The curious paradox is that when I accept myself just as I am, then I can change."*

*Carl Rogers*

# Working Online



Therapy sessions are offered online via secure video call.

Online therapy can provide a flexible and accessible way to engage in therapeutic work, allowing you to attend sessions from a space where you feel comfortable and at ease.

Many people find that working online fits more easily around work, family commitments and daily life, while still offering the opportunity to develop a meaningful therapeutic relationship.







To help create a safe and confidential therapeutic space, it is important that you attend sessions from a private location where you are unlikely to be interrupted. You will need a reliable internet connection and a device with a camera and microphone.

Before your first session, I will send you a secure video link and any information you need to access the session. If technical difficulties arise, we will discuss alternative arrangements as part of our working agreement.

Although online therapy differs from meeting in person, many people find it to be a valuable and effective way of exploring their thoughts, feelings and experiences. During our Initial Consultation, we can discuss any questions or concerns you may have about working online and whether it feels like the right approach for you.

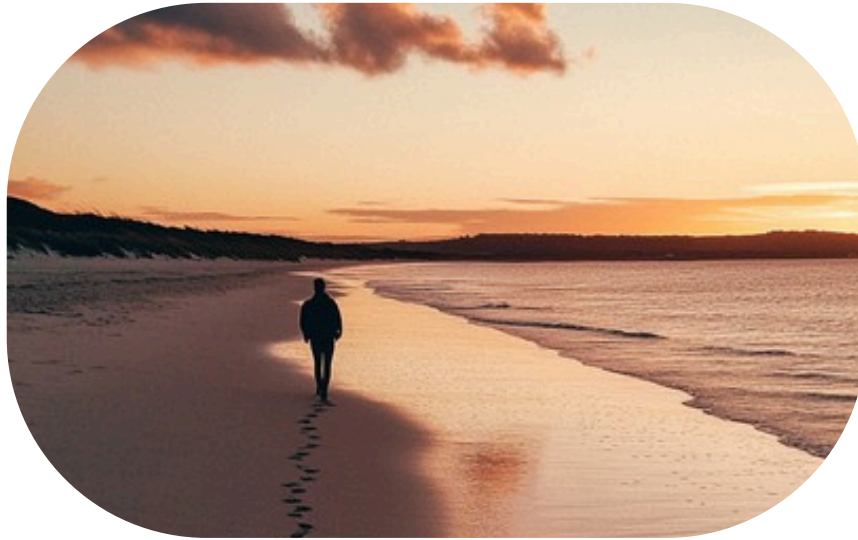
## Creating Your Therapy Space

*To get the most from online therapy, it can be helpful to:*

-  Choose a private space where you are unlikely to be interrupted.
-  Use a device with a camera and microphone, and ensure it is charged or plugged in.
-  Check that you have a stable internet connection.
-  Find a comfortable place to sit where you can focus on yourself and the session.
-  Have a glass of water, tissues, or anything else you may need nearby.
-  Silence notifications and minimise distractions where possible.

There is no need to create a perfect environment. Together, we can work with the realities of your everyday life while aiming to make the session feel as safe, comfortable and confidential as possible.

# Initial Consultation



*The Initial Consultation is an opportunity for us to explore what has brought you to therapy and whether working together feels like the right next step.*

## What is the Initial Consultation?

- 60 minutes
- Opportunity to explore your reasons for seeking therapy
- Chance for us to decide whether working together feels appropriate
- Fee £60

## What Happens Afterwards?

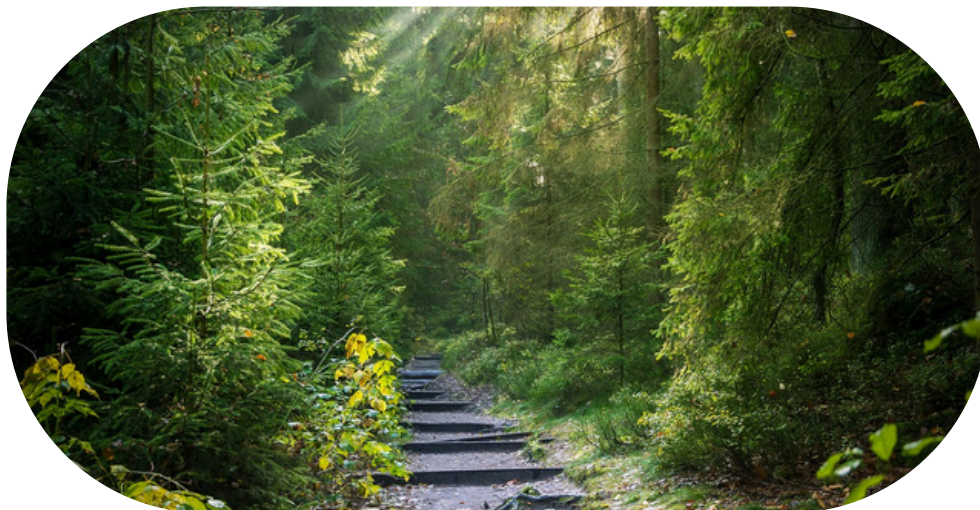
- We decide whether to proceed
- Therapy agreement sent
- Ongoing sessions arranged

## Why Is the Initial Consultation a Paid Session?

The Initial Consultation is more than an introductory conversation. It is a full 60-minute therapeutic assessment where we begin exploring what has brought you to therapy, your current circumstances, and what you hope to gain from our work together. It also gives us an opportunity to consider whether I am the right therapist for your needs and whether the support I offer is appropriate for you.

Like ongoing therapy sessions, the consultation involves professional expertise, clinical assessment, and dedicated time set aside for you. Many people find that the consultation itself is a valuable and meaningful part of beginning their therapeutic journey, regardless of whether we decide to continue working together.

# Practicalities



## Fees

Initial Consultation	£60
Single Session	£60
Pre-paid Therapy Series	£240

## Pre-paid Therapy Series

This option consists of six 60-minute therapy sessions for £240, payable in advance. It is designed for those who would like to make a commitment to a focused period of therapeutic work. At Session 6, we will review the work we have undertaken together, reflect on your progress, and consider what feels most helpful moving forward. You may decide to conclude therapy, continue with a further six-session option, or move to ongoing ad hoc sessions.

### Format:

Online via Zoom

### Payment:

Online at the time of booking

### Session Length

60 minutes

### Cancellation/Rescheduling:

48 hours required, otherwise session will be charged in full. The booking may be transferred to an alternative date, subject to availability.

### Frequency:

Regular sessions are recommended, weekly or fortnightly as appropriate



Personal Therapy

# Professional Practice



Providing a safe, ethical and effective therapeutic service is central to my practice.

I am a qualified Dance Movement Psychotherapist, registered with the Association for Dance Movement Psychotherapy UK (ADMP UK). I hold professional indemnity insurance, engage in regular clinical supervision, and undertake ongoing continuing professional development to ensure my practice remains informed, reflective and responsive.

Clinical supervision provides an important space for professional reflection and helps me maintain high standards of care while supporting the wellbeing of my clients. I work in accordance with the ethical framework and professional standards of my governing body, with a commitment to respect, integrity, confidentiality and professional accountability.

My practice is informed by ongoing professional development, supervision and adherence to professional ethical standards.

# Privacy and Confidentiality



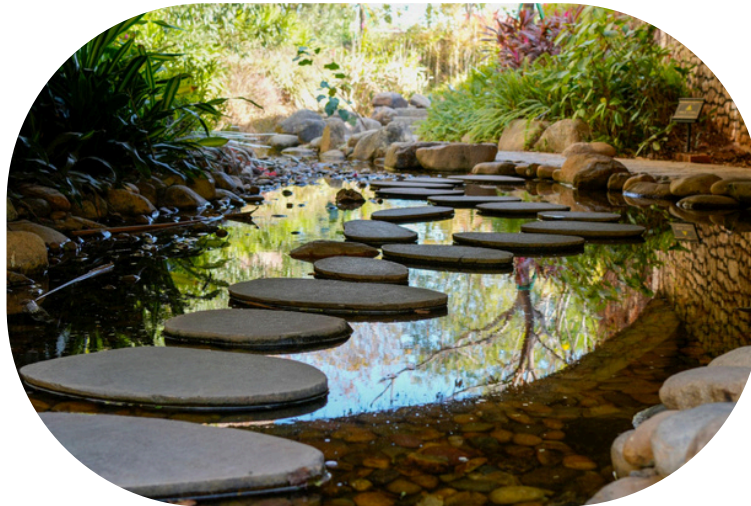
A confidential and trusting relationship is at the heart of effective therapy. What you choose to share during our sessions will be treated with respect, sensitivity and care. Information discussed in therapy is kept confidential and will not be shared with others without your knowledge or consent. As part of my professional practice, I attend regular clinical supervision. This helps ensure that I provide safe and effective support to my clients. Any information discussed in supervision is anonymised, and your identity will remain confidential.

There are some exceptional circumstances where confidentiality may need to be broken. These may include situations where there is a serious risk of harm to yourself or another person, concerns relating to the safety of a child or vulnerable adult, or where disclosure is required by law. Wherever possible, I would seek to discuss this with you before taking any action.

I take the privacy and security of your personal information seriously and handle all client records in accordance with data protection legislation and professional requirements. Further information about how your data is collected, stored and used is available in my Privacy Notice and Therapy Agreement.

If you have any questions about confidentiality or how your information is managed, please feel free to ask during your Initial Consultation.

## Next Steps



- Book an Initial Consultation
- Attend the Consultation
- Explore how we might work together
- Begin therapy

Finding the right therapist is an important decision, and I encourage you to take time to consider whether I am the right fit for you and your needs. The first step is to book an Initial Consultation, where we can explore your therapy goals, discuss how I work and see whether working together feels like a good match. If we decide to proceed, I will send you a Therapy Agreement and details of how to access the client area on my website. From there, we can arrange your first session and begin building a therapeutic relationship that supports your growth and wellbeing.

[Book an appointment](#)

