

Terms and Conditions

SandStory® Therapy Session

What the sessions are for

- Our time together is designed to support your self-care and emotional wellbeing as a therapist or counsellor.
- It's not personal therapy, clinical supervision, or emergency support - think of it as dedicated space to look after you.

Booking your session

- All sessions are booked in advance. Once payment is received I will contact you to arrange a convenient day and time for the session.

Cancellations & changes

- If you need to cancel or move your session, please give me at least 24 hours' notice so I can offer the space to someone else.
- Cancellations with less than 24 hours' notice are charged in full.
- If I ever need to cancel, I will offer a new date or a full refund - your choice.

Confidentiality

- -What you share stays between us.
- -The only time I may need to share information is if there is a serious concern for your safety (or someone else's), or if I am legally required to.

Boundaries & safety

- -This space is for your wellbeing, not to discuss client cases in depth (that is what supervision is for).
- I cannot provide crisis or emergency support - if you are in immediate distress, please reach out to your GP or relevant crisis services.

Your information

- Your contact details and booking information are stored securely and only used for managing your sessions.

Agreement

- By booking a session, you are agreeing to these guidelines so we can work together smoothly and respectfully.