



Dr. Anila George Clinical Psychologist

Bsc Hons. DClinPsych
Health and Care Professional Council Registered
Chartered by The British Psychological Society



Terms and Conditions

Appointments

My usual clinic days are Mondays and Thursdays. Future meetings are usually arranged at the end of each session. If you prefer to have a fixed time then several meetings can be arranged in advance depending on availability. The frequency and number of appointments required depends on the individual treatment plan and will be discussed at the assessment appointment. The treatment plan is reviewed on an on going basis.

Appointment duration

Assessment appointments last one hour.
Follow up treatment appointments are usually 50 minutes.

All appointments have a fixed start and end time. If you arrive late or need to leave early, it will not be possible to alter the time of the appointment on the day and you will be charged for the whole appointment session. As there is only a small waiting area in the clinic, clients are advised to arrive no more than 5 minutes before their appointment time.

Cancellations/ missed appointments

If pre-booked appointments are cancelled more than 24 hours in advance, then no charge will be made. Late cancellation or failure to attend without any notice will be charged at the full rate.

Telephone and email messages

If you have any queries or need to rearrange your next appointment you can call (Tel: 07970 680 190) or send a brief email to dranila.george@gmail.com

Payment

Assessment and treatment appointments are charged at £150. This fee includes preparation time, scoring and interpreting questionnaires completed and any brief communications to clarify practicalities of appointments. Any letters/reports or conversations with the client or other professionals will be charged pro rata at the £150 per hour rate. Payments must be made by cash at the time of the appointment or by bank transfer within one week of the appointment. Fees are subject to review and may be amended subject to 28 days notice.

If you are hoping to claim the cost of your sessions on private health insurance, please check with your insurers that they provide cover for the specific difficulty/ treatment. A policy number and pre authorisation code will be required to allow me to invoice the company directly. If a health

insurance provider is funding sessions, but they fail to authorise or make the invoiced payments, liability for payment returns to the individual.

Emergencies

As a sole practitioner, the type of psychological therapy offered is not suited to dealing with emergencies. If you have an urgent concern between appointments and you are unable to contact me, your GP should be your next point of contact.

In the event of the client feeling at risk or in crisis please contact your GP, NHS 111, GP out of hours service, or attend your local Accident and Emergency Department.

For additional support:

The Samaritans (Tel: 08457 90 90 90); www.samiratans.org provide telephone support at any time of the day or night

Family lives (Tel: 0808 800 2222); www.familylives.org.uk provide information on parenting issues for every stage of your child's life.

Confidentiality

All sessions are private and confidential. However, it can be helpful to share information, for example with GP, a teenager's parents, or a school but permission will be sought before any information is shared.

In line with my professional duty, confidentiality will only be broken if there are immediate fears for a client's safety or the safety of someone else, but where possible this will occur in discussion with the client about who should be told and why.

Professional guidelines from the British Psychological Society specify that all psychologists must have regular supervision with colleagues to review their clinical work. The requirement aims to ensure that high standards are maintained, and that expertise is shared. Information shared is regarded as strictly confidential.

Data Protection

Confidential information, records and statistics about clients are stored in order to carry out my work effectively and safely. All records are kept securely and solely for my use. These records are subject to the General Data Protection Regulation, May 2018. Please refer to the Privacy Policy Document for more information.

Ethical practice

I follow the Code of Ethics and Conduct of the Health Care and Professionals Council (HCPC) and The British Psychological Society (BPS). If you have any complaints, please do raise this with me and I would hope I would be able to resolve the issue. Otherwise, you have the right to complain to the regulatory body.