

## Safeguarding Statement and Policy

In my work I recognise the right of every individual to stay safe whilst looking at and working on what may be difficult, emotionally upsetting or challenging issues and areas.

I will support you so that both you, (as client, participant, supervisee), and I can work together to co-create a space allowing you as an individual to feel empowered to maintain an element of awareness of what you are capable of handling therapeutically, developmentally and paying attention to good enough well-being for you. It is part of my role to also pay attention and remain aware of your capacity and my capacity to engage in our work together.

I, through my work offered, am in contact with adults and some vulnerable adults. My safeguarding statement and policy seeks to inform and to ensure appropriate responsibilities and responses are made regarding protection of any vulnerable adults working with me. I have a responsibility to follow good practice in safeguarding, and to discuss / pass on any welfare concerns appropriately with due regard for confidentiality and when confidentiality may need to be broken. Therefore, all information you provide will be treated in strictest confidence by me. The likely exceptions to this are set out below:

- When you give me your expressed consent to disclose the information or data to a third party and I consider this appropriate after discussion with you.
- Where reasonable possibility exists that I could be liable to civil or criminal court proceedings if the information was not disclosed. In such circumstances discussion and consent to disclose the information will be obtained whenever possible.
- When I have a sufficient level of concern to determine that you are at risk of harm – either from your own actions or from actions others may take.
- Where others may be at risk of harm.

I will have initial meetings, sessions and may interview participants before they join a therapy or other groups I am offering. “Vulnerable adult” in this statement may include people who are elderly and frail, have a mental and / or serious physical illness or challenges, or a substance misuse history.

I attempt to promote and maintain good practice, and will seek regular support including discussion and debriefing through confidential professional supervision and general guidance from one or more of my professional associations dependant on the information need or guidance need. Seeking of professional support/guidance is both a safeguarding measure and part of maintenance of my professional integrity. I commit to hold professional boundaries, which will help to define the limits of the relationship with you as a client, supervisee etc. My professional approach, maintenance of standards and appropriate supervisory support, allows me to engage in what can be a close therapeutic / supervisory or training and facilitation relationship whilst ensuring appropriate detachment is maintained. These cover among others, giving and receiving of gifts from clients, personal relationships with clients and inappropriate behaviour. Please also see my contractual terms available on this website. I am registered with the UK Council for Psychotherapy and come under their current codes of ethics and professional conduct, these can be found on the UKCP website. I also adhere to codes of conduct set by the European Association for Body Psychotherapy (EABP).

*With any concerns you have or that arise for you that you consider may be a breach of our professional relationship: I hope you will feel able to raise with me in the first instance, so that you can address the issues with me and I can address and where needed rectify any shortcomings on my part or make apology as appropriate. You always are entitled to raise your concerns and make allegations about potential unsafe practice, crossing of professional boundaries or other matters that you consider may be a breach of our professional relationship directly with my professional body UKCP and /or EABP.*

