

Limits to Confidentiality

I am committed to providing you with a confidential and safe space to explore what has brought you to counselling. However, there are legal and ethical circumstances in which I may be required to break confidentiality:

- If you disclose information indicating harm or risk of harm to a child or a vulnerable adult. This safeguarding against harm protects every child under 18 and a young person under 24 with a disability, according to The Children's Act (2004) and also for vulnerable adults, according to The Safeguarding Vulnerable Groups Act (2006).
- If I am seriously concerned about your immediate safety or the safety of someone else.
- If you have disclosed information relevant to the investigation or prevention of a serious crime, including terrorism, money laundering and human trafficking.
- If there is a Court Order.

Clinical Supervision

I have regular sessions with a clinical supervisor, where I will discuss our work together. The purpose of this is to ensure that I am working ethically, effectively and safely. This is in line with BACP ethical requirement of counselling professionals: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/supervision/>