

Structure

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Who are you?

My name is John Dray. I am originally from England, but have been living in Wales since 2013. I identify as Queer and I certainly have traits that would be considered as neurodiverse.

What problems might the client come to you with?

I work mainly with depression, anxiety and trauma.

What to expect

When I first went to see a psychotherapist my mind was racing. Would they think I was going crazy? Would my problems be too small? What I found was a non-judgmental space where I could untangle life's mess. I found this healing and I think that my relationships and level of contentment are better as a result.

If you make the step of contacting me, you will be treated with courtesy. A vital part of therapy is building trust - for that we have to be a good 'fit'. If, at our first meeting, either of us decides that it will not work, that is OK. I may be able to suggest someone else who might be a better 'fit'!

If we do decide to work together, then part of that process is turning up on time. If you do decide to discontinue therapy, then we can discuss that and work out the best way to part.

What benefits are there?

Among other things, I found that: I was better able to cope with anxiety; I was more aware of what was going on around me; I was better able to set and maintain boundaries; I was more content.

What you get, to a large extent, will depend on what we agree to work on and how we work together.

How much will it cost?

How much do you charge? As a student, I charge £35 per session. A session consists of 50 minutes. Sessions will normally be weekly.

We can agree to a 'fixed term', for example: six, eight or ten sessions, or we can agree to an on-going therapy. Part of that depends on what 'issues' you want to address and part depends on your budget.

Where do you meet clients?

I meet clients at: xxxxx

My phone number is: 07491 092976 If you leave a message on the phone, I will get back to you.

My email address is: john@johndray.com

Most of my clients come from Llanelli, Carmarthen and Ammanford area.

I meet clients face-to-face. However, there can be rare, extenuating circumstances where we meet through Zoom.

What are your 'rules of engagement'

I have an agreement. You can see the written version here ([link to](#)), but when we first meet I will talk you through it.

I do maintain confidentiality where possible, there are certain legal exceptions where I cannot. These are detailed in the GDPR statement ([link to](#)).

What are your psychotherapy qualifications?

I am studying towards a Post Graduate (level 7) diploma in Psychotherapy through the Welsh Psychotherapy Institute ([link to](#)). I have completed my first year and have been accepted onto the second year.

In order to practice as a trainee psychotherapist I have to have regular supervision. To ensure that I can offer you the highest possible level of service, our sessions will be audio recorded. This will be so that I can take the recordings to supervision. Parts of the recordings will be played in supervision without revealing your identity. I may need to write up anonymous transcripts of the recordings as part of my ongoing training. These will not identify you. Once the transcript has been made, the recordings will be deleted.

If there are specific parts of a session that you do not wish to have recorded, then you can switch off the recording for that part of the session.

Which ethical principles do you follow?

WPI - [link UKCP](#) If at anytime you have concerns about your work with me, please use the WPI Raising Concerns Pack ([link to](#))

Part of the WPI affordable therapy service.