



EMMA DRAYCOTT



Hi I am Emma, welcome. I am so pleased that you are here because by being here you are putting yourself first and taking the first steps to help yourself.

I am a Social Worker by profession with therapeutic training in approaches such as; Cognitive behavioural therapy (CBT), Dialectical Behavioural Therapy (DBT) and Dyadic Development Psychotherapy (DDP). I am on professional registers (Social Work England and BASW) which assures you that I have the right skills, am capable, safe and effective in my practice.

I am looking forward to meeting you, getting to know more about you and how we can work together to support you. Before we meet, I invite you to have a think about what it is you would like support with. What would you like to be different? What would you like to be doing differently, how would you like to feel and how would you like to think?

Put your thoughts down here:

A few things I need before we get started

Your full name: _____ **Date of Birth:** _____
Address including postcode: _____
Contact numbers including an emergency contact number: _____
Email address: _____
Doctors Name and phone number: _____

Therapy Session: All sessions are currently being offered via video call or telephone. Please let me know your preference. You will receive a calendar invite from hello@emmadraycott.co.uk with details of your session including the link for video call.

Cost and payment: An individual therapy session costs £65. A single session therapy session costs £90. For your first session payment is required at your time of booking to secure your therapy time. Following this I ask that payment is made prior to the session either by cash or bank transfer into the following business bank account:
Emma Draycott. Sort Code: 04-00-04. Account Number: 39974328.

Changes to your appointment: Please give 24 hours' notice. Session cost still applies if you do not let me know in advance of your appointment.

Your agreement with all the above

Full name:

Signature:

Date:

See you soon, Emma



Emma Draycott
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