

## Therapy Contract

° Confidential

° 6 sessions 1hour each session

° Agreed appointments

° 24hrs notification required for  
cancellation of  
appointment by client  
or Therapist

° Commitment

° Motivation

° Non judgmental



**Lower Welfare Hall**

**Carmeltown**

**Beaufort**

**Ebbw Vale**

**Gwent**

**NP23 5PP**

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# New Leaf

Therapy



**Thinking about your wishes!  
What do you want your  
future to be like?**

## What is Therapy?

Do you feel life is out of control?

Do you keep making the same mistakes?

Can you see patterns in your life, you feel unable to change?

Are harmful behaviours ruining your life?

The past never seems to go away?

Friends or family are unable to help?

Things feel pointless?

If any of the above statements resemble you, maybe therapy can help?



## Where does Therapy take place?

Therapy takes place in a safe room between a Therapist and a Client.

You will be able to explore your feelings, where it is confidential (safe to talk). Together we will look at topics that you feel are destructive in your life, identifying own behaviours, understanding self and others. Gaining new tools and skills to move forward to a choice led quality of lifestyle.



## I'm still not sure?

My name is Ceri and if you feel that you would like to discuss any of the points that are on the leaflet or want to discuss coming to therapy but are still unsure, you can call me on 📞07969703751.

**Thank you for taking the time to read the leaflet.**