

# CONTENTS

About the Authors	vii
Acknowledgements	viii
Introduction	1
1 Contemporary Therapeutic Practice	7
Therapy and ethics	7
‘Practical wisdom’ in therapy	11
Therapy and consumerism	14
Practising therapy ethically, creatively – and ‘safely’	17
2 Cornerstones of Therapy	24
Balancing safety and creativity	24
The philosophical and theoretical frame	26
Boundaries in therapeutic practice	29
The therapeutic relationship	33
Methodologies or styles of intervention	36
The therapist’s need for self-care and self-compassion	38
3 Creating and Maintaining Therapy Agreements	43
Making an initial agreement with your client	43
Personalising the therapeutic agreement	48
Re-contracting: the review and renewal of agreements	50
Ending a therapeutic agreement	53
4 Framing the Therapeutic Process	61
An aesthetics of therapy: the language of frames	61
The environmental frame	63
The contractual frame and the therapeutic alliance	67
The embodied relational frame	71
Extending therapeutic frames	74

<b>5</b>	<b>Dealing with Mistakes in Therapeutic Practice</b>	<b>78</b>
	The inevitability of making mistakes	78
	Minimising mistakes in the therapeutic field	83
	Ethical review as a support for safe and creative practice	88
	How complaints can arise	90
	The role of mediation in resolving complaints	91
<b>6</b>	<b>Reviewing your Practice and Looking Forward</b>	<b>98</b>
	Conducting a personal and professional practice review	98
	What kind of therapist am I?	98
	How can I take an overview of my practice?	99
	How do I balance safety and creativity in my everyday practice?	100
	How well supported would I be if something went wrong?	101
	Am I developing practical wisdom as a therapist?	102
	<b>Resources</b>	
	1 Card index summary	104
	2 Initial meeting and assessment proforma	105
	3 Process session notes proforma	106
	4 Process session notes – an example	107
	5 Contract example A: health centre counselling contract	109
	6 Contract example B: psychotherapy contract	110
	7 Contract example C: Hillside Therapy Centre: client agreement	112
	8 Contract example D: Jones & Co. employee assistance programme	113
	9 Therapeutic executor – UKAHPP guidelines	115
	10 Extracts from the UKAHPP complaints procedure	117
	<b>References</b>	<b>120</b>
	<b>Index</b>	<b>124</b>