

## **Informed Consent for Counselling and Coaching**

This document explains what to expect from counselling and coaching services offered by Life After Trauma Therapy Ltd.

### **Nature of the Services**

Counselling is a talking therapy that supports emotional wellbeing and trauma recovery. Coaching is future-focused and goal-oriented support.

### **What These Services Are Not**

These services are not psychiatric or medical services. We do not diagnose conditions or prescribe medication.

### **Suitability**

Services may not be suitable for individuals experiencing acute crisis, psychosis, or requiring urgent medical or psychiatric care.

### **Emotional Risk**

Exploring experiences may feel uncomfortable at times. You are encouraged to communicate openly.

### **Client Responsibility**

Participation is voluntary and you may withdraw at any time.

### **Confidentiality**

Information is treated as confidential subject to safeguarding and legal obligations.

### **Crisis Support**

This is not a crisis service. Contact emergency services if needed.

### **Consent**

Engagement confirms you have read and understood this information.

### **Life After Trauma Therapy Ltd**

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