

Informed Consent for Counselling and Coaching

Life After Trauma Therapy Ltd

This document explains what to expect from counselling and coaching services offered by Life After Trauma Therapy Ltd. It is designed to help you make an informed choice about whether this support is right for you.

Nature of the Services

Life After Trauma Therapy Ltd provides professional counselling and coaching services. Counselling is a talking therapy that supports emotional wellbeing and trauma recovery. Coaching is future-focused and goal-oriented support. Both are offered within a non-medical, non-psychiatric framework.

What These Services Are Not

The services provided are not psychiatric or medical services. Life After Trauma Therapy Ltd does not diagnose mental health conditions, prescribe medication, or provide psychiatric assessment. Counselling and coaching may be used alongside medical or psychiatric care where appropriate.

Suitability for Counselling and Coaching

These services may not be suitable for individuals who are currently experiencing psychosis, are in acute mental health crisis, are at immediate risk of harm to themselves or others, or require urgent psychiatric or medical intervention. In such circumstances, a higher level of care is required to ensure safety.

If at any point counselling or coaching is no longer considered appropriate or safe, Life After Trauma Therapy Ltd reserves the right to pause or end services and may recommend referral to appropriate medical, psychiatric, or crisis services. This decision is always made with care and wellbeing as the priority.

Emotional Risk

Counselling and coaching can involve exploring difficult thoughts, feelings, and experiences. This may sometimes feel uncomfortable. You are encouraged to communicate openly about how the work is affecting you and to seek additional support when needed.

Client Responsibility and Choice

Participation is voluntary. You have the right to ask questions, to pause, or to withdraw from services at any time. You remain responsible for your own wellbeing and decisions throughout the process.

Confidentiality

Information shared is treated as confidential in line with the Confidentiality and Limits of Confidentiality Statement. Confidentiality may be breached where safeguarding concerns, serious crime, or legal obligations apply.

Crisis and Emergency Support

Life After Trauma Therapy Ltd does not provide crisis or emergency services. If you are in immediate danger or distress, you are responsible for contacting emergency services or appropriate crisis support in your area.

Consent

By engaging with counselling or coaching services, you confirm that you have read, understood, and agreed to this informed consent statement.

Life After Trauma Therapy Ltd

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Last updated: February 2026