

Mangrove House values transparency and clear communication. Below is a practical guide to our policies, procedures and answers to some common questions.

A

Access – At this stage, there is no wheelchair access. Therapy rooms are situated on the first floor accessed by stairs. Please follow instructions for coded entry provided to you by your counsellor. There is a waiting room for your convenience.

Appointments – Your counsellor will make every effort to schedule a regular appointment time with you, whether weekly or fortnightly. Please let us know if you want to discuss another recurring appointment time.

B

Bookings – Can be made directly with the counsellor of your choosing using our instant online booking system, or via email or phone.

C

Cancellations – If you need to cancel your appointment, please call or email your counsellor. Please provide as much notice as possible if you need to cancel. If you cancel within 24 hours of the scheduled time, you will be charged 100% of the regular session fee. Charges for cancelled sessions cannot be carried over or used as credit towards future bookings. This applies to face-to-face, online video and telephone appointments. We will, of course, consider emergency or exceptional circumstances. Credit card details are taken when you make your first appointment. This card will only be charged in the case you do not show up for your appointment or you cancel within the charge period explained above.

Client Information – We require all clients to complete the 'Client Intake' form prior to their first appointment. If you are unsure of how to answer any questions or wish to discuss any of the information required, we can go over it together in your first session.

Complaints – If you wish to make a complaint, please speak to your counsellor in the first instance. If this is not possible or causes you discomfort, you can write to The Director via info@mangrovehouse.com.au. You can also write to PACFA directly via ethics@pacfa.org.au.

Counselling Agreement – We require all clients to read and sign our Counselling Agreement. This agreement will be in place between you and your counsellor regardless of how many sessions you attend at Mangrove House.

Counsellors – Our counsellors' profiles are available on the website. You are welcome to contact our counsellors directly to discuss your needs and goals in order to determine who would be better suited to work with you.

Covid-19 – Our room is large enough to maintain a comfortable distance. We provide hand sanitiser and ensure social distancing in our rooms. We will always follow health advice. Please discuss any health-related concerns with your counsellor before attending any in-person session. If you have been in contact with someone who is Covid-19 positive or you suspect you may have yourself, your Counsellor will be happy to switch to telehealth.

E

Emergencies – Mangrove House is not a crisis counselling service. In an emergency call 000. Other useful contact numbers are listed in our Counselling Agreement.

Ethical practice – Our counsellors are registered members of the Psychotherapy And Counselling Federation of Australia (PACFA) and adhere to their ethical practices and standards. For more information, click the link on our website or visit <https://www.pacfa.org.au/practitioner-resources/ethical-standards/>

F

Face-to-face – In-person sessions are currently available in Annandale. Please book online or contact the your counsellor for their availability.

Fees – Our fee for an individual is \$154 with Remona or Sonia, and \$165 with Natasha. Couples are \$200/hr. All prices include GST. We reserve the right to change fees at any time. In the case of an increase, we will offer 3 weeks' notice. If you are facing financial difficulty, please talk to us.

H

Helpful resources – Visit <https://www.pacfa.org.au/community-resources/useful-resources/>

I

Informed consent – Is an important part of the counselling agreement between you and your counsellor. We will discuss informed consent with you in the first session, as well as revisiting it during our work together.

L

Leave – From time to time your counsellor will take leave. In this instance, she will give you as much notice as possible. During this time, she will also leave you details of who to contact if you need urgent support.

Location – Our room is located on the first floor in Suite 3 of the Saddlery at 103A Johnston Street, Annandale NSW 2038. Enter via the stairs to the right of the Village Hub entry.

N

No shows – You will be charged the full session fee if you fail to attend an appointment without sufficient notice (minimum 24 hours). Please see 'Cancellations.' We will, of course, take into account any emergency or exceptional circumstances.

Notes – Your counsellor will keep notes of every session. If you wish to see your file or want copies of the notes, please apply in writing to info@mangrovehouse.com.au.

Number of sessions – We will agree this together depending on your needs and goals. We will also review this on an ongoing basis.

O

Online video appointments – No additional software is required if you wish to make an online appointment. Your counsellor will send you a clickable link before your scheduled appointment. Please ensure that you are in a quiet and private room, where family members or housemates cannot hear you. Your counsellor will wait for 10 minutes after the scheduled appointment time for your arrival. If you are experiencing technical difficulties, please call your counsellor immediately.

P

Payments – Can be made online at time of booking, via EFTPOS at the end of your session, or via bank transfer. You will be provided with a tax receipt via email.

Privacy – Your privacy is of the utmost importance to us. Personal and sensitive information is collected by Mangrove House using Cliniko, a software application designed to securely manage client records. Cliniko is bound by the Information Privacy Act 1988. No one outside of Mangrove House will have access to your case file and notes which are electronically stored and password protected. Recording of sessions is not permitted. Please see our full privacy policy and terms and conditions information at <https://www.mangrovehouse.com.au/privacy-policy/>.

S

Session duration – Standard sessions are 60 mins. Your first Relationship Counselling session will run for 90 mins with subsequent sessions 60 mins.

Social media – Should you wish to follow our Instagram account [@mangrovehouse_counselling](https://www.instagram.com/mangrovehouse_counselling), please take a moment to consider how this might impact you from a confidentiality perspective. For session-related enquiries please direct these to your counsellor rather than via this platform.

T

Telephone appointments – Your counsellor will call you at the scheduled time for the appointment. Please ensure that you are in a quiet and private room, where family members or housemates cannot hear you. If you do not answer, she will leave a voicemail or text message and try you again ten (10) minutes after the start time. If you do not answer, the appointment will be charged as a 'No show.' We will, of course, take into account emergency or exceptional circumstances.

Touch – In somatic therapy there are instances where physical touch is used by a therapist to support a person's autonomic system regulation. Somatic touch is a considered intervention and is used at the discretion of the counsellor, and in direct response to individual client needs. In no instance does it involve touching between client and counsellor under clothes or any kind of sexual touch. Your counsellor is available to discuss this in your first session together. You are also welcome to raise it at any time with your counsellor if you are concerned or curious about its efficacy. You can also let your counsellor know if you do not want touch as part of your counselling/therapy work. You can change your mind about any of this at any time.

Have another question?

Please call us on (02) 9188 7723 or email info@mangrovehouse.com.au.