Private Practice: A Case Study

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Outline

- Introduction: Types of private work I do, how I get referrals, networking
- Practical issues: location of private practice, contact details, contracting,
- Ethical issues: maintaining professional boundaries, conf identiality, record keeping (BPS guidelines), decision making (PSI Code of Ethics)
- Continuing Professional Development: supervision, training.

Practical issues

- Type of work
- Managing boundaries
  - Location of private practice
  - Contact details
- Contracting – initial contract, cancellation policy

Clinical work

- Direct work with clients
  - Therapy
  - Assessment
- Supervision of Psychologists/Counsellors
- Consultation
  - Individual, preparing opinions on matters
- Consultation work with teams
- External examiner work

Contracting

- Therapeutic orientation
- Exploring mutual expectations
- Informed consent
- Number of sessions
- Payment
- Cancellation policy

Ethical issues

- Maintaining professional boundaries
- Confidentiality
- Record keeping (BPS guidelines)
- Principles &
  Decision making (PSI Code of Ethics)

BPS Documents

- The *Professional Practice Guidelines* (1995)
- *Clinical Psychology and Case Notes: Guidance on Good Practice* (2000)

Sample guidelines 1

- You must be clear about the PURPOSE of keeping notes and what functions note-taking and record keeping serve.
- It is essential to good professional practice to keep such notes and records as may be required to INFORM and GUIDE your work with clients.

Sample guidelines 2

- It is a professional obligation to inform the care process by COMMUNICATING WITH COLLEAGUES involved in the clinical management of clients, although access to such information should be on a strict “need to know” basis.

- All material must be kept in a safe and secure manner with a clearly stated “right of access” procedure.

Sample guidelines - 3

- Clients and colleagues should be informed as to disclosure policies.
- Unless there are legal issues or matters of over-riding public interest, material about clients must not be disclosed to others without the client's consent.

PSI Code of Ethics

- *Principle 1: Respect for the rights and dignity of the person*
- *Principle 2: Competence*
- *Principle 3: Responsibility*
- *Principle 4. Integrity*

CPD

- Supervision
- Training
- Usefulness of having to submit CPD logs!!!