

Vicky Begg, The Sports Counsel.

PG DipCBT, MSc Psychology of Sport, COSCA Counselling Skills

Information for Clients.

INTRODUCTION

The purpose of this information sheet is to provide some background information to some of the most frequently asked questions about CBT counselling, psychotherapy and sport psychology.

This document is based on guidance provided by Glasgow Cognitive Therapy Centre. It has been adapted by Vicky Begg for use with The Sports Counsel private clients and includes information about HPCP Coaching (British Triathlon).

[The National Institute for Clinical Excellence](#) (N.I.C.E.) recommends **Cognitive Behavioural Therapy (CBT)** as a treatment for Anxiety, Depression, Obsessive Compulsive Disorder, Phobias, Acute Stress and Post Traumatic Stress.

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations. Sport Psychology interventions are designed to assist athletes and other sports participants (e.g., coaches, administrators, parents) from a wide array of settings, levels of competition and ages, ranging from recreational youth participants to professional and Olympic athletes to master's level performers. [APA](#).

High Performance Coach Pathway (HPCP British Triathlon) qualification ensures that you receive expert advice from your coach. The HPCP coach learns from leading experts in the fields of coaching and sport science: working with athletes to high performance and elite level, and including development, participation and age-group (amateur) athletes. You will receive tailored support applied with innovation and creativity to lead you to your goals. The HPCP coach must demonstrate a high level of self-awareness and reflection ensuring that you remain central to the process. Professional development, personal excellence and effective ethical coaching practice underpin the role. Click here for the [British Triathlon Coaching Code of Practice](#)

CBT is based on a model with 5 factors; beginning with the environment in which you live and includes all your circumstances. Within the **environment** your **thoughts, feelings, behaviour, and physiology** exist and compete for your attention. This is a systems model, which means all the factors are linked and if you change any part, it will have a knock-on effect on the others. If you are thinking (thoughts), “I am hopeless. I’ll never succeed,” then you are likely to feel down, lonely, and sad (feelings). You might then stop going out, not meet up with your friends, not attend an important training session, or you might stay at home and eat or drink excessively (behaviour). You might subsequently feel tired, lack motivation, and sleep more than normal. Or you might experience physical or somatic symptoms like a racing heart and tummy churning and poor sleep (physiology).

People often attend therapy and counselling or seek psychological help with feelings they want to change (don’t like) or improve or behaviour that is not helpful, disruptive or time consuming. It can be helpful to look at the thoughts fueling these feelings and design a plan to change them. Others come to therapy with obsessive and unhelpful thinking, and in this case we might first work on their behaviours. Solutions are individual and client centered.

CBT sessions are time-limited and focus on making things better for you in the here and now. It is helpful to have information about events in your past as this may affect how you feel now. CBT can help you to find better ways of thinking for some issues and behaviours. CBT can be helpful in the management of Chronic Pain. Success is dependent on developing a therapeutic alliance (relationship) with your therapist and feeling that you are central to the process, with control over your own future.

Sport Psychology Counselling (underpinned by CBT) offers you a safe environment to talk and be listened to. This is supported by an unconditional positive regard for you and your views. Vicky is dedicated to delivering psychotherapy that is congruent with your experience, empathetic of your frame of reference and allows the development of trust between you and her. In addition, the core constructs and theories of Sport Psychology including mental toughness (in the sports context), motivation, goal setting, anxiety & arousal, and confidence are considered.

WHAT HAPPENS IN A SESSION?

This is a general view of a Cognitive Behavioural Therapy (CBT) session. Yours will depend on your individual needs and may or may not follow this process:

- Introduction and working contract
- Risk assessment
- Completing or filling in assessment tools as appropriate e.g. CORE, Depression Inventory, Anxiety Inventory (these are quick questionnaires that help Vicky and you to understand your symptoms and the impact they have on your daily life).

- Your view of the problem
- Your problem illustrated in the CBT Model
- In session learning and psychoeducation
- Goal Setting
- Practice ideas to try at home or in other situations outside of therapy, and reading, watching and listening suggestions to learn more about your psychology and behaviour.

WHAT EXPERIENCE DOES MY THERAPIST HAVE?

You have asked or agreed to work with Vicky Begg, a CBT therapist. Vicky holds a post Graduate Diploma in Cognitive Behavioural Therapy, DipCBT.

Vicky is also a HPCP Coach (specialising in endurance coaching for triathlon) and a Coach Tutor (triathlon). Vicky holds an MSc in Psychology of Sport from the University of Stirling, and the COSCA Certificate in Counselling Skills. In addition, Vicky holds an MDes in Textile Design and BDes in Printed Textiles. Vicky has been a lifelong participant and competitor in multi-discipline events like triathlon, cycling, swimming and running.

WHAT HAPPENS IN THE FIRST SESSION?

The first session will be an assessment to develop an understanding of your concerns or presenting problem. You will discuss possible ways forward with Vicky helping you to work out how your thinking, feelings, physiology, and behaviours are interconnected. You will have practice tasks and new ideas to try between sessions. This helps you get the most out of your therapy. After the first assessment session there is no obligation to continue.

WHAT IS THE COST OF AN INDIVIDUAL SPORT PSYCHOLOGY COUNSELLING & CBT SESSION WITH THE SPORTS COUNSEL?

Single Session fee is £50 to be paid on receipt of invoice (reduced rates are available for students, those on low income and for block bookings)

Programming and Coaching for clients seeking specific coaching support (not counselling support, or psychotherapy) is charged monthly by arrangement.

You will receive an invoice to your email address (or via other agreed method of communication). Please pay on receipt of invoice. Payment details are included on your invoice.

WHAT IS THE SPORTS COUNSEL CANCELLATION POLICY?

If you are unable to attend a planned therapy or sports review session, please let Vicky know with at least 24-hours' notice. A full cancellation refund is given in this case. Failure to give 24-hours cancellation notice will incur the full fee charge.

WHAT IF SPORT PSYCHOLOGY COUNSELLING & CBT IS NOT A SOLUTION FOR YOU?

Those who struggle in therapy or find it ineffective may find it difficult to engage at an appropriate emotional level; for example, those on high levels of some prescribed drugs and people who are intoxicated with alcohol and some non-prescribed mind-altering drugs. People with long term emotional problems and some personality disorders might require alternative therapies to CBT. Vicky will discuss referral to other therapists or clinicians with you in this case.

WILL MY THERAPIST CONTACT MY GP?

Vicky will not contact your GP as a matter of course. It may be considered helpful if your GP receives information regarding your therapy. It is your responsibility to inform them. If a letter is required, this can be compiled between Vicky and you.

ARE MY SESSIONS CONFIDENTIAL?

A great deal of importance is placed on confidentiality. The information you provide will be kept confidential. Your Confidentiality Contract will be explained to you in the first session and is outlined in the Data Protection Statement (below). If Vicky thinks you pose a risk to yourself or someone else, or you are likely to commit a crime, then disclosure to a third party would be discussed.

ARE MY SESSIONS AUDIO RECORDED?

All Counsellors and Therapists working as CBT therapists are required to have Clinical Case Supervision. Session notes are taken (for the purpose of record keeping and insurance) and stored digitally, in password protected folders, or in paper form in secure, locked storage. Strict confidentiality is observed. Your session is not recorded as a matter of course. You can request for this to be the case should you wish to review any aspect of your session with your therapist. **There is no obligation to have your session recorded.**

WILL CBT CURE ME?

The aims of CBT counselling and sport psychology support are to allow you to cope better with life, specific situations you have identified and to feel more positive. Most clients' experience is positive, though this is not always the case. Initially you might feel worse before feeling better.

If you find you cannot engage with the therapy, or with Vicky as your therapist, another kind of therapy and a different therapist might be more helpful. Referral to another therapist will be discussed in this case.

Vicky Begg, The Sports Counsel

Data Protection Statement

INTRODUCTION

This Statement of Privacy governs data collection and usage and in acceptance you consent to the described data practices.

COLLECTION OF YOUR PERSONAL INFORMATION

Your information will be collected on paper (if you prefer a hand-written format) and/or computer file. Hand-written documents will be scanned and stored digitally. The information recorded is used solely for the provision of your therapy sessions.

USE OF PERSONAL INFORMATION

Your information will not be sold, rented or leased to third parties. Vicky may contact you from time to time about a particular offering that may be of interest to you.

I will not use or disclose sensitive personal information, such as race, religion, or political affiliations, without your explicit consent.

I will disclose your personal information, without notice, only if required to do so by law or in the good faith belief that such action is necessary to: (a) conform to the edicts of the law or comply with legal process served upon on us; (b) protect and defend the rights or property of The Sports Counsel (Vicky Begg), (c) act under exigent circumstances to protect the personal safety of other clients or the public.

SECURITY OF YOUR PERSONAL INFORMATION

The Sports Counsel (Vicky Begg) secures your personal information from unauthorized access, use or disclosure. In digital form, your personal information is stored in password protected folders, on a password protected personal laptop. In paper form your personal information is stored in locked storage. In both cases, session notes are stored separately from your personal details such as address, D.O.B, phone, email address.

CHANGES TO THIS STATEMENT

The Sports Counsel (Vicky Begg) will occasionally update this Statement of Privacy to reflect company and customer feedback. We encourage you to periodically review this Statement to be informed of how we are protecting your information.

FURTHER INFORMATION

The Sports Counsel (Vicky Begg) welcomes your comments regarding this Statement of Privacy. If you believe that I have not adhered to this Statement, please contact me writing via e-mail vicky@the-sports-counsel.fitness. I will use commercially reasonable efforts to promptly determine and remedy the problem.

COMPLAINTS

If you are unhappy with the service provided by Vicky, you are advised first to complain direct to Vicky Begg. All reasonable attempts to resolve your complaint will be made. It is also possible to complain directly to COSCA.

<https://cosca.org.uk/guidance-policies/complaints/complaints-general-information>

PRIVATE & CONFIDENTIAL

PERSONAL Information

Full name:			
Date of birth:			
Address:			Postcode:
Telephone Number(s):			
E-mail(s):			
Emergency contact name:			Relationship:
Emergency contact number(s):			Relationship:

Brief history

Have you had any previous counselling, coaching or psychotherapy? ☐ Yes* ☐ No

Do you have any major health problems for which you are receiving treatment? ☐ Yes* ☐ No

Are you taking any medication at present?

☐ Yes*

☐ No

GP's Name: _____

Address: _____

Postcode: _____

Telephone Number(s): _____

***If you have answered yes to any of the above, please provide details on the next page.**

statement

My signature below indicates that:

- I have read and understand all the information detailed in the Client Information and Data Protection Statement supplied to me.
- I agree to abide by their terms and conditions outlined therein.

My signature below gives permission for my therapist to:

- Contact appropriate external agencies if they believe that I may be in danger to myself or to others. I understand that the information given by me will be kept confidential unless my therapist is concerned, I present a danger to myself or others.

Client Signature:

Date:

Therapist Signature:

Date:

Details of my previous counselling, psychotherapy and coaching

Description:

Details of my current health problems for which I am currently receiving treatment

Description:

Details of my current medication

Description: