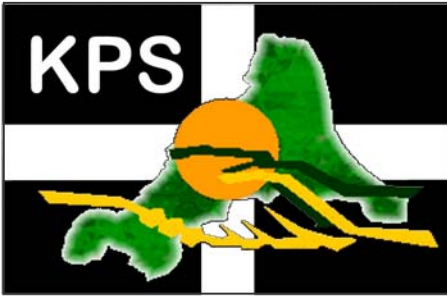


# KPS Therapeutic Services

Kernow Positive Support

SPECIALISED HIV INFORMATION,  
SUPPORT, RESPITE & RETREAT

Counselling & Therapies



# **An Introduction to KPS Therapeutic Services**

Welcome to Kernow Positive Support's 'Therapeutic Services' (*Edition 1*). This information includes the policy and guidelines as outlined for KPS Therapeutic Services. You can request Counselling or Complementary Therapies by contacting KPS via telephone, post, Email or Fax.

A Therapeutic Services strategy has been paramount in giving people a better insight into how to benefit and access these services available. This information also gives the opportunity of those accessing the service and referral agencies information on the process by which KPS administer this service provision. This also enables people who are HIV-positive to have an integral role in HIV service provision and development of this service within the county, and is part of our self-help ethos.

## **WHO ARE OUR PRACTITIONERS?**

All KPS practitioners for Counselling and Complementary Therapies are qualified professionals, and have signed a declaration and application form stating they have read the Kernow Positive Support Confidentiality Policy and Code of Ethics and Practices.

KPS asks for details on qualifications and certificates and indemnity insurances held by the practitioner(s). All those accessing and/or referring clients for these services can request written assurances from the practitioner(s) and/or KPS, that the practitioner(s) have all relevant qualifications, certificates and indemnity insurance, and ask for written proof.

All KPS registered practitioners have completed HIV Awareness training.

## WHAT TYPE OF COUNSELLING IS OFFERED?

- **Person-Centred Counselling**

## WHAT TYPE OF COMPLEMENTARY THERAPIES ARE ON OFFER?

- **Massage**
- **Aromatherapy**
- **Reiki**
- **Homoeopathy**
- **Herbalism**
- **Naturopathy**
- **Relaxation Therapy**
- **Beauty Therapy**
- **Buteyko**
- **Traditional Spiritual Energy Healing**

### **Please Note:**

All Counselling and Complementary Therapies offered by KPS that clients may wish to consider, **SHOULD** be fully discussed with their healthcare specialist i.e; Doctor/Consultant before proceeding, this is to ensure that their ongoing healthcare is maintained.

## HOW DO I FIND OUT MORE ABOUT THESE THERAPIES?

Details of all Complementary Therapies currently on offer from KPS, and other therapies which we may be able to offer are available from Kernow Positive Support upon request. Alternatively, there are full details available on our Website **[www.kps.direct.com](http://www.kps.direct.com)**

## WHAT DO CLIENTS PAY?

Counselling and Complementary Therapies offered by Kernow Positive Support are free-of-charge to those who are HIV-positive and their primary carer (*family/partner*) living within the county of Cornwall. KPS is invoiced directly by the KPS registered practitioner(s).

## **HOW MANY SESSIONS ARE CLIENTS ENTITLED TO?**

### **Counselling**

Clients will be offered one initial assessment appointment with the counsellor, and up to a further five counselling sessions, which will be reviewed after the fourth session on whether additional appointments that may be required after the first six sessions. Additional sessions if required, will be authorised by KPS after consultation on the needs of the client with the practitioner(s) (*details regarding the content of the counselling is between the counsellor and the client and will not be discussed*).

Although, the number of sessions will not be subject to a limit, KPS only has limited funds to cater for a growing number of clients, therefore we have to monitor expenditure closely.

### **Complementary Therapies**

Clients will be initially offered one session of any Complementary Therapies currently available. At this time KPS can offer two appointments per month per client.

Therapies are subject to this limit, as KPS only has limited funds to cater for a growing number of clients, and therefore has to monitor expenditure closely.

Our online newsletter publication '@KPS' detail all current Complementary Therapies available and these can be booked by contacting KPS directly on 01208 264866.

## **WHERE ARE THESE SERVICES AVAILABLE FROM?**

### **Counselling**

This is currently available from the practitioner's practice located near St Austell. In the case of any home visit request, KPS will need to check whether this is available and/or appropriate.

### **Complementary Therapies**

These are available either from the practitioner's practice, and/or a home visit. In the case of any home visit request, KPS will need to check whether this is available for the particular therapy requested.

A contribution towards travelling to Counselling and Complementary Therapy sessions are available, for further information contact KPS.

## **HOW LONG DOES A SESSION LAST?**

### **Counselling**

Clients will be offered one initial assessment appointment, which may take up to one and a half hours. Further sessions will be for one hour.

### **Complementary Therapies**

Sessions are normally between 45 minutes to one hour.

## **HOW DO I BOOK A SESSION(S)?**

### **Counselling**

This can be booked directly by contacting KPS. Alternatively, you may wish to arrange Counselling through your healthcare centre. If you are referred by your clinic you may wish to retain your anonymity. In this case KPS will only be provided an official 'Clinic Soundex Code' for accounting and invoicing purposes. Once an appointment is established further session(s) can be negotiated by you with your counsellor up to the limits set above.

### **Complementary Therapies**

These are booked directly by contacting KPS.

## **WHAT IF I HAVE TO CANCEL A SESSION?**

KPS requests that if you are unable to attend an appointment that you notify KPS and/or the practitioner directly within 48 hours of the appointment, as KPS is committed to pay for any cancellation(s) after this time.