



## **University College London    Doctoral Course in Clinical Psychology**

Your therapist is a trainee Clinical Psychologist (registered with University College London (UCL) and studying for a Doctorate in Clinical Psychology). Because they are in training their work is supervised by an experienced qualified clinician; it is also monitored by staff at UCL (all of whom are senior Clinical Psychologists).

As explained below, recording clinical sessions and writing and presenting clinical reports are part of training, but both of these activities need your consent. It is important to be clear that they are completely independent – you do not have to consent to both areas if you do not want to.

This form explains what is involved.

## 1) Consent for recording clinical sessions

### How are session recordings used?

The main reason for using recordings is to make sure that you are getting the best from your sessions – they improve the quality of the supervision your psychologist receives, because supervisors can hear for themselves how sessions are going. Recordings can also be used by staff at UCL to see whether your therapist is approaching their work in the most effective way.

Unless your psychologist explicitly indicates otherwise:

- recordings will only be listened to by your psychologist's supervisor or by staff at UCL who are overseeing their training
- recordings will only be used for educational purposes
- recordings will be deleted once their educational purpose has been completed

Some clients find it helpful to listen to a recording of their sessions, so this is another way in which they can be used. If you wish to have a copy of the recording this can be discussed with your psychologist.

### Consent to record sessions

	Please initial
I understand that I am not obliged to give consent, and that if I do not want to this will not affect my treatment	
I understand that I can withdraw consent at any time	
I agree to the recording of my sessions	
I understand that the recording will be used for the purposes of supervision and education	
I understand that the recording will be deleted once its educational purpose has been completed	

### If you are given a copy of the recording:

	Please initial
I accept that I am responsible for keeping my recording safe, and for destroying it when I have no further use for it, and that the Trust has no responsibility for it once it is given to me	
I understand that the recordings remain jointly the property of myself, my therapist and the service, and must not be published or shared without the written consent of all three parties	

Name and signature of trainee psychologist:

Name and signature of client:

Date:

## 2) Consent for writing and presenting clinical reports

As part of their training your psychologist needs to submit some reports of their clinical work to UCL (to show the University that they are working effectively and appropriately). These are known as “clinical reports”.

From time to time trainees take part in clinical discussions at UCL, making a verbal report on their work with clients. These presentations are made to clinical staff at UCL and trainees undertaking the Doctorate in Clinical Psychology. The aim of case discussions is to help your psychologist work as effectively as possible.

### Do written and verbal reports protect my privacy?

Clinical reports and verbal reports/discussions are set out in a way that maintains confidentiality (in other words, no one will be able to identify you from the report or the discussion). For example, your name would be changed, and any information which could identify you, your family or anyone else involved in your care would be removed or changed.

### Who sees clinical reports?

The reports are reviewed by clinical staff at UCL (who are all senior Clinical Psychologists).

### Who attends clinical discussions?

These are attended by clinical staff at UCL and by trainees undertaking the Doctorate in Clinical Psychology.

If you sign this consent form it indicates that you know that:

- your psychologist may (or may not) write a clinical report at some stage in your work together
- your psychologist may present some clinical material to professional colleagues, as part of their training
- the report is being written for educational purposes and will maintain confidentiality
- the report will only be looked at by your psychologist’s supervisor and by clinical staff at UCL
- that you can request to see a copy of the report (following the same procedure that applies should you want to see other clinical reports written about you – your psychologist will explain the procedure)

### Consent for clinical reports

	Please initial
I understand that I am not obliged to give consent, and that if I do not want to give consent this will not affect my treatment	
I understand that I can withdraw consent at any time	
I agree to the preparation of a clinical report based on my treatment	
I understand that the report is being written for the purposes of supervision and education	
I understand that the report will be seen only by my psychologist’s supervisor and by psychologists at University College London	
I understand that any clinical discussion would only be attended by staff and trainees at University College London	
I understand that I can request to see a copy of the report in the same way as I can request to see other clinical reports which relate to me	

Name and signature of trainee psychologist:

Name and signature of client:

Date: