Safeguarding

Safety, dignity and respect are central to my work.

At Alive Therapies, we are committed to providing a safe, respectful and inclusive environment for adults and young people accessing our services. Safeguarding is an important part of our professional responsibility and applies across psychotherapy, assessment, supervision, training, body-mind and movement-based work, whether services are provided in person or online.

Confidentiality and safety

What you share within Alive Therapies is treated confidentially and with respect. However, confidentiality is not absolute. If a practitioner believes that you or another person may be at serious risk of harm, or that a child or adult at risk may be experiencing abuse, neglect or exploitation, relevant information may need to be shared with an appropriate service.

If I become concerned about your safety

If something you tell me raises a concern about your safety or someone else's, I will listen carefully and take the concern seriously. Wherever it is safe and appropriate, I will discuss my concerns with you and involve you in decisions about what happens next.

Depending on the circumstances, this may involve seeking safeguarding or professional advice, supporting you to access appropriate healthcare or other services, or sharing relevant information with a safeguarding service. I will aim to share only information that is necessary and proportionate.

Adults and safeguarding

I recognise the importance of respecting an adult's autonomy and right to make their own choices. Where an adult safeguarding concern arises, I will aim to understand what you would like to happen and work collaboratively with you wherever possible.

There are circumstances in which I may need to act without consent - for example, where there is a serious risk of harm, concerns about a person's ability to protect themselves, risk to another person, or another legal or professional reason for sharing information.

Children and young people

I also work with some young people aged 12+. If I become concerned that a child or young person may be experiencing, or be at risk of, significant harm, I may need to share information with the appropriate safeguarding service. Where appropriate, I will involve the young person and their parent or carer, unless doing so could increase risk or would otherwise be inappropriate.

Autism assessments

Safeguarding responsibilities also apply throughout adult autism assessments. Information shared during an assessment may occasionally raise concerns about current or past abuse, exploitation, neglect or serious risk. If this occurs, we will consider safeguarding needs separately from the diagnostic assessment and safety will take priority where necessary.

A safeguarding concern does not determine the outcome of an autism assessment.

Online appointments

Safeguarding responsibilities apply equally to online and in-person work. For some remote clinical or assessment appointments, I may ask for your current location and appropriate emergency contact information so that help can be sought if a serious emergency arises during the appointment.

Professional boundaries and body–mind work

Some of my work may include movement, embodied approaches or, where specifically agreed and clinically appropriate, therapeutic touch/bodywork. Consent is always ongoing and can be withdrawn at any time. Clear professional boundaries and your right to choice and autonomy are central to this work.

If there is an immediate emergency

Alive Therapies is not an emergency or crisis service. If you or someone else is in immediate danger, or urgent medical assistance is required, call 999.

If you have a concern about our service

If you have a concern about your safety, professional boundaries or any aspect of the service provided by Alive Therapies, including the conduct of a practitioner, you are entitled to raise this. We will take concerns seriously and consider them through the appropriate complaints, safeguarding, professional or statutory procedures.

Further information

More detailed information about safeguarding, confidentiality, information sharing, adults at risk, children and young people, online work, professional boundaries and safeguarding within assessments is available in the full Alive Therapies Safeguarding Policy.

[Read the full Safeguarding Policy]

Safeguarding Policy last reviewed: August 2026