

The Resting Tree 2025 : contract & fees

Discover a New Path with Paleophenomenology-Infused Therapy

At **The Resting Tree**, I offer a therapeutic journey that blends traditional psychotherapy with the transformative power of paleophenomenology – a unique approach I've created that explores ancient human consciousness. Merging existential therapy, Jungian analysis, and creative exploration, this method invites you to tap into deeper layers of self-awareness. It's not just about addressing surface-level issues but about uncovering hidden connections within your inner world, unlocking profound potential for change. Whether you're overcoming challenges or seeking to explore your creative depths, this approach offers a rich, integrated experience.

Tailored Services for the Inquisitive Mind

My work is designed for those seeking more than traditional therapy. Whether you're an academic, a creative, or simply a curious explorer, my approach meets you at the intersection of ancient wisdom and modern existential concerns. I offer a range of services, from existential psychotherapy sessions to paleophenomenological journeys that provide a deeper exploration of self and world. Through these sessions, clients are empowered to examine their lives in new ways, guided by an approach that is reflective, dynamic, and uniquely crafted for each individual.

Who I Am

My name is Matilde, and I am a BACP eclectic existential psychotherapist, researcher, artist, and the creator of **paleophenomenology**. This innovative framework explores the roots of human consciousness through ancient wisdom and phenomenological experience, offering pathways for transformation, creativity, and deeper meaning. I am passionate about the mystical, the uncanny, and the hidden connections that shape our lives, often working from an alchemical and shamanic and alchemical perspective [www.matildetomat.com]

What to Expect from Our Sessions

At **The Resting Tree**, I see therapy as an alchemical process. You bring your current feelings – whether it's anxiety, depression, loneliness, or existential doubt – and together we work to transform them through a process of self-exploration. If you so desire, by adding paleophenomenology we connect with primal forces that have shaped human consciousness for millennia, tapping into collective wisdom and universal experiences.

My Integrated Approach

1. **Therapeutic**: A mix of analytical, supportive, and explorative methods, grounded in Rogerian core conditions and an existential perspective. I incorporate Jungian approaches, including work with archetypes and the unconscious mind, with the addition of paleophenomenology to explore primal consciousness;

2. **Coaching and Mentoring**: Practical support for stress management, skill implementation, and goal setting, enhanced by paleophenomenology's unique lens of understanding challenges through an ancient, human perspective;
3. **Pastoral**: Delving into moral, existential, and spiritual questions, with insights from shamanic traditions and ancestral knowledge, all through the framework of paleophenomenology;
4. **Professional**: Supporting professionals and creatives in integrating ancient wisdom and Jungian thought into their practice, fostering deeper connection and effectiveness in their work;
5. **Academic**: Encouraging self-reflection and learning through journaling, reading, and applying paleophenomenology to human origins, creativity, and consciousness;
6. **Philosophical**: Addressing life's puzzles and meaning-making through an examination of how our ancient ancestors navigated existence, infused with existential and paleophenomenological insights;
7. **Artistic**: Incorporating creative practices to explore the need for human beings to leave their mark, as seen in ancient rock art – one of the key themes of paleophenomenology.

For Those Seeking More

This holistic approach is not for everyone – but for those who feel therapy alone isn't enough, and are ready to explore deeper personal development, my **Personal Development Therapeutic Tutoring** (PDTT) may be the answer. This work merges therapy with self-inquiry, creative exploration, and the ancient wisdom of paleophenomenology, offering a transformative experience for those looking to dive deeper into their inner world.

Session Details

Individual Therapy: Tailored sessions combining existential psychotherapy with Jungian and eclectic perspectives.

Supervision: For therapists, academics, artists and professionals, I offer reflective and in-depth supervision with an existential, eclectic and Jungian approach.

Workshops and Events: Explore specific themes, such as the intersection of ancient wisdom and modern life, through immersive workshops and experiential learning opportunities [see the OPEN STUDIO PRACTICE, Drawing + beyond, etc.].

Counselling & Supervision for Students

I offer a reduced fee per session for current counselling / therapy students enrolled in a course of study. This reduced fee is available under the following conditions:

1. Maximum Duration: the reduced rate is valid for up to 10 sessions or until the student's course of study is completed, whichever comes first;
2. After 10 Sessions or Course Completion: once the student reaches 10 sessions or completes their course, they will have the option to transition to a new fee tier as described following;

3. Transition to Intermediate Fee Tier : after the initial period at the reduced fee, if the student wishes to continue counselling / supervision, we can discuss an intermediate fee tier for a maximum of six months. This tier offers a slightly reduced rate per session, which reflects their transition from student status. The intermediate tier is designed to support clients / supervisees in a financially accessible way while acknowledging the end of the reduced student discount. Should your financial situation and/or your student status change [from FT to PT, for example; or from therapy to supervision] we can discuss options to adjust these payment terms.

Important Information Regarding Accessibility and Environment

Pets: I live with two cats, and while they are not typically present during sessions, there may still be cat hair or dander in the environment. If you have severe allergies or sensitivities to cats, please let me know in advance so we can discuss alternatives, such as online or phone sessions.

Incense: I regularly burn incense in my therapy space. If you have allergies or sensitivities to scents, please inform me prior to the session, and I will ensure the space is as scent-free as possible during your visit.

Accessibility: Please note that there is one step to enter the therapy room, and unfortunately, wheelchair access is not available at this time. There is also no fully accessible bathroom. If mobility is a concern, we can explore alternative arrangements, such as online sessions, to ensure you are comfortable.

Emergency Support: Please note that I am **not able to provide emergency** or crisis intervention services. If you are in immediate need of help or experiencing a mental health crisis, please contact emergency services or a crisis helpline. I will respond to non-urgent emails or phone messages during my working hours.

Standard Fee

The standard fee for counselling/supervision is as agreed and stated in the latest contract.

Payment Methods

Payment is requested via bank transfer at least **24 hours prior** to the session. This advance payment serves as both a reminder for you and a confirmation for me. Additionally, I request **one whole session fee to be pre-paid** at the start of our work together. Failure to make the payment in advance will result in the session being rescheduled or cancelled. The pre-paid session at the start will be used as a buffer in case of any missed payments or last-minute cancellations.

Late Cancellation and Missed Sessions

Sessions cancelled with less than 24 hours' notice or any Did Not Attend (DNA) occurrences will incur the full session fee. The pre-paid session covers such instances, but any further session will require a additional pre-payment before rescheduling.

Late Arrivals

If you are late for a session, the session will still end at the scheduled time, and the full fee will apply. This ensures fairness for both parties and avoids impacting the next client's time.

Overrunning Sessions: In the unlikely event that a session overruns due to the nature of the discussion, any extension will be subject to my availability, but this may incur an additional fee. We will always aim to end sessions on time to respect the schedule and other clients.

Review of Terms

The terms of our work together, including fees and session policies, may be subject to periodic review. Any changes will be communicated to you in advance, and we will discuss any updates to ensure they remain appropriate for your needs. Should your financial situation change, we can discuss possible options to adjust the payment terms.

TERMINATION

Either party may terminate the contract at any time, but **a minimum of two sessions'** notice is required for supervision to allow for a proper ending session and transition to a new supervisor.

For counselling, the client can terminate the relationship with one session's notice [pre-paid in the deposit]. However, if a series of missed sessions or cancellations occurs without sufficient notice, I reserve the right to terminate the agreement.

Confidentiality

All sessions are confidential in accordance with professional ethical guidelines. However, exceptions may arise if I believe you or someone else is at risk of serious harm, or in cases where I am legally required to disclose information.

Data Protection

Any personal data you provide, including contact details and session notes, is stored securely in compliance with data protection laws (GDPR). Your information will not be shared with third parties without your consent, except in the rare circumstances mentioned above.

Boundaries

The therapeutic relationship is a professional one, and all interactions will be conducted within this framework. I ask that boundaries be respected outside of sessions to maintain the integrity of the therapeutic work. Any contact between sessions should focus on scheduling or urgent matters related to the therapeutic process.

Feedback and Complaints

I encourage feedback to ensure the best possible service. If you are dissatisfied with any aspect of your sessions or the service provided, please

raise this with me directly. If we are unable to resolve the matter, you can contact my professional regulatory body, the BACP, for further guidance on complaint procedures.

Pre-Paid Package Rules

1. Length of Package

Pre-paid sessions must be used within a set and agreed timeframe. For example, if you purchase a 10-session package for weekly sessions, sessions must be used within 14 weeks from the date of the first session. This allows for some flexibility, including occasional sick leave or holidays. If sessions are not completed within the 14-week period, any unused sessions will be forfeited unless an extension has been discussed and agreed upon in advance.

2. Non-Refundable Policy

Pre-paid packages are **non-refundable**. By purchasing a package, you are committing to the full course of sessions: once a package is purchased, it is your responsibility to use the sessions within the agreed timeframe. In the rare event that you need to stop after just one session or a few sessions, no refunds will be given for unused sessions. This is to ensure clarity and fairness for both parties, recognizing the commitment made by reserving your time.

Option for Transfer: If unforeseen circumstances arise and you are unable to continue, you may be given the option to transfer unused sessions to another service (e.g., supervision instead of counselling, workshops, events), subject to prior discussion and agreement.

3. Pausing the Package

I understand that life can be unpredictable, and sometimes a pause in therapy or supervision is necessary. Therefore, clients are allowed to pause their pre-paid package under the following conditions:

- A pause is permitted for up to 1 month for reasons such as illness, travel, or personal commitments;
- You must inform me in advance of the need to pause;
- The total pause period cannot exceed 1 month within the 14-week timeframe of a 10-session package (or a similar ratio for other packages);
- If the package is not resumed after the agreed pause period, any remaining sessions will be forfeited unless we agree on other terms in writing.

4. Rescheduling and Missed Sessions

All pre-paid packages are subject to the same rescheduling and cancellation rules:

- A minimum of 24 hours' notice is required for any rescheduling or cancellation of a session;
- If you cancel with less than 24 hours' notice, or do not attend a session (Did Not Attend - DNA), the session will be deducted from your package;
- Consistent and recurring cancellations or rescheduling may result in the review and adjustment of the remaining sessions;
- Check-ins for Long-Term Packages : for packages of 10 or more sessions, a check-in after the first 5 sessions is recommended to evaluate progress and discuss how the remaining sessions can best support your goals. This ensures we are on the same page, and you are getting the most out of your sessions.

Additional Considerations:

You might be offered the possibility of transferring unused sessions within a package to a different format:

- Switch to Monthly Sessions: If weekly sessions feel too frequent, you may transfer to monthly sessions. However, the package will still need to be completed within an agreed extension period (e.g., extending the 10-session package to 6 months total);
- Face-to-Face to Online/Phone: you can opt to switch to online or phone sessions if their circumstances change (e.g., travel or relocation), maintaining flexibility without disrupting the therapeutic process;
- Transfer to Workshops/Events: you could apply the value of the unused sessions toward the cost of the event, making it easy to continue benefiting from the services in a different format. I.e. the remaining sessions can be credited toward workshops / events of similar value.

In order to prevent misunderstandings or future disputes:

In rare and unforeseen circumstances (e.g., long-term illness, family emergencies), we can discuss an extension to the session expiry period on a case-by-case basis.

No Roll-Over Policy

Missed sessions cannot be "rolled over" into a new package or extended beyond the expiry date without prior agreement.

Package Upgrade Option

I am free to discuss an upgrade option to purchase additional sessions with a discount if you prefer a longer-term therapeutic commitment while still find it financially advantageous.

Please note the following links:

BACP Ethical Framework : www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/

My website : www.matildetomat.com

Agreement to Terms

By attending your first session, you acknowledge and agree to the terms and conditions outlined in this contract. Should you have any questions or concerns about these terms, please discuss them with me prior to the initial session.

Matilde Gliubich Tomat, MRes

As The Resting Tree

www.matildetomat.com

Blackburn, March 2025

FEES

	60'	90'
THERAPY		
single / emergency session	£75	£100
recurring / weekly	£50	£75
10 x sessions package	£450	
SPECIFIC PALEOPHENOMENOLOGY SESSIONS incl. PDTT		
single	£100	
recurring	£75	
6 x sessions package	£400	
CLINICAL SUPERVISION		
single / top-up / emergency session	£90	£120
recurring / monthly [BACP requirement]		£90
6 x sessions package		£450
Enquire re. workshops and visiting lectures		