

# Top 10 Things to Know About Talking with John

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This was adapted with permission from Dawn McBride, DPS.

## 1. What are my rights as a client?

- You can share as much or as little with me as you want.
- At any time you can say “Yes,” “No,” “I don’t know,” “Maybe,” “Pass,” and “Goodbye.”
- **You are my boss.** You can end our work at any time. You also get to choose what to accept, ignore, or reject from anything I say, ask, or suggest.
- There are risks in counselling and **I will talk about those risks with you.**
- I’ll be open with you about **your privacy**, how I protect it, and when I can’t.

## 2. What is counselling about, and what will our first session be like?

- This is about you and me **working together, protecting your rights**, making **change** possible, and **keeping everyone safe** (you, me, and even the people and animals you talk about).
- We’ll probably **start out slow** and go deeper as we get to know each other.
- I’ll also invite you to share your **skills, abilities, commitments, dream, hopes, and more** so we both have a clearer picture of what you bring to our work.

## 3. Where should I be during our sessions?

- Our work needs a "closed-door" setup, and both of us need to be in Japan (see Appendix A for more details). I’ll need you to be in a **private, indoor spot where you won’t be interrupted**. I can’t do sessions if you’re driving, at a park, or in a café, because it’s just too hard to keep things private and focused in those spots.
- I’ll have to reschedule if you’re in a public space or behind the wheel.

***FYI: Did you know that your brain does deeper work when it knows it isn't being watched? Finding a spot where you can't be overheard is about giving your story the privacy it deserves to unfold.***

## 4. What if I need to cancel or change our time?

- I know life happens and sometimes plans have to shift. I ask people to **24-hours in advance**. This just gives me enough time to offer that spot to someone else who might need it.
- I have a **no-charge policy for cancellations**, meaning you can cancel at any time before the session and I won’t charge you anything. If it happens a couple of times or more, we’ll have a conversation about whether this is the right time for counselling.
- However, **if you don’t show up** for an appointment (i.e. no-show) and fail to cancel in advance, **the full fee will apply**.

***FYI: Did you know that most private practices have cancellation rules to keep things fair for everyone? Because I have a one-person private practice, those reserved hours are how I manage my schedule and stay available for the people I work with.***

## 5. What kind of therapy do you do? What kind(s) will you use with me?

- I'll bring my experience and knowledge to support you, and we'll collaboratively make our conversations meaningful by **figuring out together how to make our conversations useful**, and perhaps: **co-researching paths forward, checking in on how things are going, and what you'd like me to adjust.**

***FYI: Did you know therapists often use different models to support each client? In my counselling, I lean most on Narrative Therapy and its belief that people are not the problem (the problem is the problem). I also draw from many others, including Solution-Focused Brief Therapy, ACT (a CBT off-shoot), and the Window of Tolerance model, and Invitational approaches.***

## 6. How do we know if we're a good fit? What if I need something different than you offer?

- My practice has limits, and at times I may not have the experience needed. If that happens, **I may seek consultation to prepare myself.** However, if it seems we're not the right fit, part of our work can be to **help you find the support** that best meets your needs, and I'll do my best to support that process.
- I deeply value your choice to work with me. Still, my approach may not work for everyone, and that's OK. There are many other counsellors, psychologists, healers, faith leaders, and medical providers available.

## 7. If I have an emergency, can I talk to you between sessions?

- You are not alone. At different points in life, we all need extra support to ease troubling thoughts, feelings, or actions (like harm to self or others).
- **I don't provide emergency care outside of sessions (i.e. by text, email, or phone),** as I work by appointment only. If you send an email during a crisis, please know it **will not be seen in time to offer immediate safety support.**

***FYI: Did you know that you can find 24-hour emotional & emergency support in Japan? TELL Lifeline can offer free and confidential support in English at 0800-300-8355 (TOLL FREE) or via chat ([telljp.com/lifeline/tell-chat](https://telljp.com/lifeline/tell-chat)). For more info: ([telljp.com/lifeline/](https://telljp.com/lifeline/)).***

- **For emergencies, you can dial 119 (ambulance or fire), or 110 (police).** It's best to stay connected until the operator hangs up.

## 8. What if I am running late to a session?

- **I'll be waiting for you:** If you're delayed, please know that I will still be here for you. You don't need to skip the session out of awkwardness.
- **Respecting the schedule:** We will still need to end at our scheduled time out of respect for the next person's slot. While our time together will be shorter, I promise I will strive make the most of whatever minutes we have left.
- **The Fee:** Because that block of time was reserved exclusively for you, the full session fee will still apply.

## 9. How much does this cost and how do I pay?

This was adapted with permission from Dawn McBride, DPS.

- My fee is **¥15,000** per 60-minute session **or ¥22,500** per 90-min session (90-min session are daytime on weekdays only), and I'll **ask that an invoice is paid within 24 hours** of it being issued after our meeting. People pay via an invoice I send using the payment platform, Stripe, and you can decide to pay by credit or debit.
- To protect your confidentiality outside of our sessions, my strict professional practice is to use neutral descriptions on financial statements (e.g. "**John Grindrod Consult**"). This ensures that your bank statements never explicitly reveal the private nature of our work together to third parties, like banks or employers.
- I follow a **debt-free practice** to make sure that money doesn't become a 'problem' that gets in the way of our work together. If a session remains unpaid, **we will pause our scheduling until we can settle the balance or find a path forward**. My goal is simply to prevent you from accumulating a debt that might make it harder for you to focus on your well-being.

***FYI: Did you know that counsellor's codes of ethics usually require therapists to be super clear about money before we start? It's about being transparent so that the "business" side of things doesn't get in the way of our collaboration.***

## **10. Will everything I share with you be confidential?**

- I will keep your privacy.
- No one is allowed to see your file except me and authorized members of my clinical or administrative team. If I consult with other professionals about our conversations, I won't share any details that would make it possible for them to identify you.

***FYI: Did you know therapists are expected to break confidentiality in certain situations to help keep everyone safe? In Japan, there is a duty to report when a child or vulnerable adult is, or has been, in danger. I'm also expected to break confidentiality when a person means to significantly harm themselves or others, or if a court of law requires it.***