

Services

Type of Counselling available

The main modality of Counselling is centred upon a Cognitive Behavioural Therapy (Cbt) concept although in an eclectic manner other Counselling approaches such as Person-centred, Psychodynamic and Transactional Analysis are employed.

The counselling focus is to determine in a collaborative relationship what best meets the Client's presenting issue.

Mutual trust and confidentiality together with being non-judgmental and congruent are essential for any therapeutic intervention.

All counselling is supervised by appropriate clinical supervision with adherence towards the BACP Ethical Framework for Good Practise in Counselling and Psychotherapy (2009).

Areas of Expertise

Issues of anxiety, depression and low self esteem have been experienced with relevant support successfully attained by Clients. Types of loss, bereavement and relationship concerns have also been successfully supported. Further issues of trauma, sexual, physical and psychological abuse have been successfully supported.

Counselling is held in the main in a private consultative environment but that other areas such as home visits are negotiable.

Each initial counselling session will cost £40 with subsequent sessions ranging between £20-£30. Cash or cheque (with bank card) are acceptable. Negotiated home visits will incur mileage expence of 30p per mile.

Counselling appointments are arranged between Monday to Friday between 10.00am to 4.00pm. whilst weekend and evening appointments are negotiable.

Counselling sessions will last approx. 1 hour, whilst the initial assessment may continue beyond 1 hour.

Cancellation Policy

48 hours notice is normally required for a cancelled appointment.

In an emergency 24 hours is acceptable.

Upon mutual agreement and respect it is essential that appointments are kept. All clients need to understand that the time you book is yours and therefore unable to fit in another client into your appointment slot at short notice.

Cancelling in the last instance without good reasoning or simply not turning up for an appointment will incur the full fee for the session you have booked.