

Booking Sessions *Initial and Ongoing*

Initial Session

The initial session is an opportunity for me to hear about the background of your relationship; what issues you face; what external factors or events might be impacting your relationship; what negative patterns you may have identified in your relationship and to understand what you might want to achieve through counselling. In other words, to begin to understand your story and why you wish to have counselling.

This session is also an opportunity for me to assess whether I am the best person to help you at this point. Sometimes within couples, individuals may be advised to do some work by themselves to help them participate better in couple work. Most importantly though, it is an opportunity for you to decide if you feel comfortable with the process and with me as your counsellor.

In this session, we may also begin to think about the direction of the work and determine what your needs might be in terms of regularity of future sessions.

Please note, at particularly busy times, your initial session day and time *may not* be the day and time you will be able to have for future or ongoing sessions. At the time of booking your initial meeting, I will note your schedule requirements and I will inform you of my general availability or potential waiting times so that you can make an informed decision about continuing. Specific availability for ongoing sessions will, however, be confirmed during or after our first meeting but I will always try to accommodate your requirements and preferences as much as I can.

Initial session fees are the same as ongoing session fees: **£50-£70**

Fees must be paid by bank transfer within 24 hours of booking your initial session, otherwise the session date and time *may* become available to others to book.

Booking Further Sessions - regular/same time every week

In many cases I find that it is best, particularly at the beginning of therapy, to have regular sessions - either weekly or fortnightly - to build up momentum in the work. Frequency can then decrease as the work progresses. If you can commit to regular sessions, I will try to find you a regular session day/time for you as soon as possible after the initial meeting, and this will become your slot. Each regular session must also be paid for within 24 hours of your previous session.

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Booking Further Sessions - ad hoc/one-off/irregular meetings

You may wish to book your next session at the initial meeting, and at all subsequent sessions, on a more *ad hoc* basis. If a session slot is found for you; it will be confirmed by email afterwards and you will have 24 hours to make payment for this next session, otherwise the session date and time *may* become available to others to book.

Equally, you may wish to have time to think before booking your next session. In this case, once you have informed me that you do wish to move ahead, I will provide you with up-to-date availability and you can choose a date and time. Once confirmed, the session will be held for you for 24 hours until payment is made.

Cancellations

A minimum of 48 hours' notice is required for all cancelled appointments. If I can reschedule your session within the same working week, I will endeavour to do so. Otherwise, the full fee is taken for all cancelled appointments within the 48 hour period.