



Counselling
Support



What is Psychotherapy?

Psychotherapy is a treatment that can help people experiencing a wide array of emotional challenges and mental health issues. It can help alleviate symptoms, such as anxiety, panic, or low mood, but it can also help clarify and address the root

causes of one's concerns. This mode of therapy is clinically appropriate for addressing a wide variety of issues, such as emotional and interpersonal challenges, low self-esteem, bereavement and navigating difficult life transitions.

FAQs

How many sessions will I get?

Typically, you will be offered between twelve and twenty sessions which last up to 50 minutes each. Sessions will usually take place weekly with the same counsellor. The number of sessions may vary slightly depending on your company's contract.

How will I have my sessions?

We can offer sessions by phone or video, depending on your preference. You are always welcome to change this if your preferences change at any point.

Video sessions are carried out via Microsoft Teams. They can enable the therapist to pick up on your body language and other visual cues, all of which can help them develop a better understanding of your emotions, as well as your responses and reactions to your circumstances.



Telephone sessions are good at making it easier to be open about your emotions as it eliminates issues such as searching for cues of approval or disapproval.

The counsellor will call you at the appointment time or send you a video link in advance of the session. We require that during sessions you are in a space that you feel is sufficiently confidential, comfortable and that you are not carrying out any task that could be impacted by a lapse in concentration (such as driving).

What will a typical session involve?

The first session is always an assessment session, where the therapist can start to understand your concerns. This assessment will include a full risk assessment and will ensure that what we are able to offer is suitable for your experience. In the event that this is not the case, the counsellor will discuss this with you and offer some alternative options. We do this with every client. In this first session, the therapist will also help you identify a suitable focus and goals for the therapy, which will help to structure for the sessions.

Further sessions might look at the wider context of your challenges, at how and when these appeared and how they are impacting you, or at times when you might have been able to manage them more easily. These explorations aim to clarify your concerns, develop a better understanding of your current stance towards them, and consider alternative approaches.

The counsellor will review your progress to ensure that the goals or focus haven't changed. There may be an expectation for techniques and ideas to be practiced in between sessions and your willingness to engage and work collaboratively to promote change will be beneficial to your outcomes.

The sessions are generally quite structured, for example the counsellor will always ask you about risk and how you have been since the last session, but will also be tailored to your needs.

The final session will be an opportunity to review your progress and discuss next steps following the end of therapy in order to help you maintain progress going forwards. This may also include signposting to other services, if appropriate.

