

Charges and Payments

Private Clients –

1. From 3 years old to 16 – must be accompanied by an adult
2. Singles
3. Couples

Charges: £57 for 50 minutes** session –

Pre-paid booking of 6 x 50 minutes sessions = £285*.

4. Family (up to five members)
5. Groups (up to eight individuals)

Charges: £80 for 50 minutes** session

Pre-paid booking of 6 x 50 minutes sessions = £400*.

- ❖ **In the event of a cancellation there is NO charge if notice is given up to 36 hours before the booked session. Cancellations made between 36 and 24 hours of the appointment will incur a charge of £-30 to cover costs (like consulting room rental).**
- ❖ **Cancellations made within the last 24 hours will need to be charged at full price.**

Payments – see Payments page, please.

Organisations –

- Psychological support in the Workplace.
- Importance of addressing psychological health and safety in your organization.
- Protection of employees psychological health and safety and the promotion of civility and respect at work.
- Improving the health of the workplace can improve the organization profile and productivity.
- An improved profile can result in better recruitment and retention rates, enhancing the potential for growth.

❖ Related topics

- Increased absenteeism and increased burden on those left to carry the load
- Strain
- Managing psychological conditions at work
- Workplace conflict
- Greater risk of accidents, incidents and injuries
- Coping with change and effects of stress
- Maximizing employee productivity & performance
- Turnover
- Encouraging employees to talk freely and support one another

A free two hours presentation/meeting will introduce/highlight my services. These are tailored to each organisation; costs will be reviewed during the meeting.

** Based on 'Ultradian Rhythms' by Ernest L. Rossi, PhD (psychologist, psychoanalyst, psychotherapist), he suggests that, to focus on working intensely for a maximum of 90 minute session "Mind-Body Therapy", can bring benefits, especially to those that might require hypnotherapy. These sessions are not suitable for everyone. A 90 minutes therapy session charge is £88.

* Six sessions must be taken within 12 weeks of first appointment (no refunds for cancellations or missed appointments – re-scheduling might be feasible but at my own discretion)