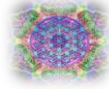


Holistic Counselling Practice



FAQS & FEES

WHAT DO I HAVE TO PAY?

For Individuals:

For the first Introductory Session and all subsequent hourly Counselling and Psychotherapy sessions, the fee is £50 weekly or fortnightly **.

****PLEASE NOTE THAT FORTNIGHTLY OR SHORT TERM WORK IS NOT SUITABLE FOR EVERYBODY. AN ASSESSMENT WILL BE MADE IN THE FIRST SESSION AND DISCUSSED WITH YOU**.**

Sessions can take the form of either a negotiated fixed number of 6-12 sessions or left open-ended. It is best to make a commitment to the process for at least 6 sessions in any event to give yourself the best possible chance to notice any help occurring.

Telephone Counselling:

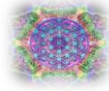
All the above applies. In addition, fees must be paid in advance by cheque or BACS transfer.

Joint or Couple Sessions:

For the first Introductory Assessment Session the fee will be £90 for 1.5 hours.

For all subsequent hourly Joint/Couple's sessions, the fee is £60 weekly or fortnightly.

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Group Networking

- Open group for Women
A confidential space to explore our issues in a deeper more meaningful way than in ordinary conversations.
- Kitchen Table
Using a specific form of questioning in a confidential space, we will work towards achieving our goals.

Maximum of 6-8 people. For 1.5 hours a week for 10 weeks, the fee will be £15 per person each week.

Trainee Counsellors & Counselling Supervision:

£45 per hour

Group Supervision for Counsellors & Psychotherapists:

Based on a group of 4 the fee is £30 per person for a 2 hour group session per month. (Hours & fees negotiable depending on numbers however).

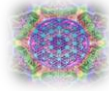
HOW LONG & HOW FREQUENT ARE SESSIONS?

Sessions usually last one hour each week. Occasionally it is possible to negotiate a double, intensive session.

If you are financially stretched or very busy, the option of FORTNIGHTLY sessions may be discussed following the assessment in the first and/or subsequent sessions.

Linda M Newbold
M.A (Psych & Healing), UKCP Reg'd,
NLP (Pract), Cert. Couples Cllng, Dipl. Grp & Indiv. Superv., PG. Cert. CBT & Mindfulness
6, Hillside Gardens, Brockham, BETCHWORTH, Surrey, RH3 7EW
Tel: 01737-843047; www.holisticcounselling.co.uk

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WHAT SORT OF ISSUES CAN YOU HELP ME WITH?

Abuse
Addictions (alcoholics in recovery)
Anxiety
Assertiveness issues
Communication problems
Depression
Grief
Guilt and shame issues
Mid-life crises
Personal growth
Relationship problems
Self-Confidence Issues
Serious Illness (Emotional Aspects)
Stress
Weight Issues (Emotional Aspects).

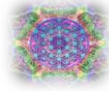
HOW LONG WILL I HAVE TO COME FOR?

I recommend that new people come for an introductory meeting so we can both decide if we can work together. Note that in the first session it can take a while to record your background information, for my records, before the real work begins.

Each person is different but it may take several sessions before it seems like any help has taken place, or whether further issues have surfaced which need exploring. At this point, for complex issues, and for change at deeper levels, people can mentally prepare themselves for longer therapy, over a period of several months or years (up to 3 or 4), if that seems appropriate. We will have regular reviews to check that help is still taking place.

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WHAT IF I NEED TO CANCEL?

I ask for one week's notice of cancellation, preferably at the previous session, so that I have a fair opportunity to fill your slot. All cancelled appointments with **LESS** than one week's notice, are charged for at half the usual fee. If you give me less than a full 48 hours notice then the full fee will generally be charged.

However, if I can offer you an **ALTERNATIVE APPOINTMENT** in the same week I will do so without extra charge; sometimes though this is mutually hard to arrange. **TELEPHONE COUNSELLING** at a pre-arranged hour, in the same week, is also an alternative option in the case of less than 1 week's notice of cancellation. Where these options are not possible, the fee will still be charged. Please note that, whatever happens, only one fee per week applies.

WHAT DOES HOLISTIC MEAN?

To me, this means that I work with all aspects of a person's makeup, recognising that a difficulty, very often, manifests on several planes. For example, a physical symptom may be alerting us to an unresolved problem on other levels, such as our mental attitudes, or unexpressed emotion. I am interested in health and healing at all levels, including, at one end of the spectrum, the use of diet and nutritional supplements, to the practice of meditation at the other end.

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