

Laura Burden Counselling

What's next?

After contacting us you will be offered a reduced-fee assessment appointment. There is no obligation to continue with therapy after your assessment appointment.

What will happen at the assessment?

The assessment appointment is a chance for you and I to meet. We can discuss your needs and goals. This is helpful in deciding whether you feel comfortable with my approach and what I can offer you, and whether you want to proceed with ongoing appointments.

I will take down up to date contact details and discuss our Privacy & Confidentiality Statement with you.

I will also ask about your hopes and goals for therapy, which 'problems' you wanted to address and take some background information. This is a good time for me (your therapist) to explain the approach and for you to ask any questions you might have.

Your assessment appointment is not a 'therapy session' but instead an opportunity for you and I to gain some information, and for you to decide whether you are comfortable with me.

What are my options after the assessment?

We will discuss goals and treatment options that work best for you. Some possibilities might be short vs long term therapy, focussing on immediate goals vs exploring your existing patterns and how they were developed, etc. It is important that the therapeutic approach and agreed therapy contract is meaningful to you. So please ask as many questions as you like at this stage.

How do therapy sessions work?

Therapy sessions will be a 50-minute slot offered weekly on the same day and time. This will in effect be your slot and will be available to you at all times, except for when I am on a break.

I will always aim to advise you of my breaks in good time.

Your session is yours to use as you require and I will keep your goals and preferred methodologies in mind. They will frequently check in to make sure that you are still on the same page and make adjustments as is necessary. There are no expectations on you to use your sessions 'correctly' and it is normal to feel some discomfort at the start of therapy as you get used to the setting and what its like to be in counselling.

Feel free to discuss this with me at any time.

It is usual for therapy to evoke strong emotions in you and you do not have to worry about having 'upset' your therapist or having 'said the wrong thing'. It is a safe space where you can speak openly and say what is on your mind without judgment or the fear of failure. There is no 'right way' to do therapy. The goal is simply for you to find benefit in exploring your experience or building new skills.

How do I end therapy?

We might have already agreed together on a short-term course of therapy, in which case an end date would already be known.

If you are however in an open-ended therapy contract or would like to end your short-term sessions early you can simply discuss it with me.

Sometimes therapy can make us uncomfortable, especially as we access hidden emotions, and it can make us want to escape from the discomfort. This can be valuable to discuss with your therapist as this can often lead to important discoveries about our own defence and coping mechanisms, possibly clarifying another pattern in our lives. At times you and your therapist might agree that ending therapy at that point is the best option and you can agree on an end date that allows for a meaningful and mutual ending. The ending is very important in therapy as having a good ending that allows for a chance to say goodbye and to think about the work that has been done can help both you and your therapist.

You will never be denied an ending and the therapist will always follow your lead.

If you however do end your sessions and in future wish to restart your therapy I cannot guarantee that your previous session slot will still be available.

Payment

You will be charged per session and payment must be made prior to or on the day of the session for an assessment.

Payment can be made prior to via BACS or on the day using either contactless or chip and pin cards. ***Advance payments can also be made via the website***

I will advise you of my breaks with good warning and will not be charged for sessions in which I was absent (e.g. due to unforeseen illness or holiday breaks). As your slot remains yours until an end to therapy is agreed, I will be unable to offer this time slot to anybody else and you will be charged for missed appointments (including cancellations and holidays) unless explicitly agreed otherwise. There is an option to agree up to 3 weeks holiday per year without charge. For regular sessions once agreed and commenced I will invoice monthly, and the invoice can be paid using the bank details below.

Treatment might be suspended should payment not be made.

Payments can be made using the details below:

Laura Burden

Sort code: 23-14-70 Acc. No.: 52460171

IBAN: GB30 TRWI 2314 7052 4601 71