



## Low-Cost Counselling Packages.

When you join the low-cost service, you will be asked to provide a **£50 deposit.**

### Monthly Payments:

You will be asked to pay for their sessions using a repeat monthly payment.

This payment will begin from the **1st day of the first full month of therapy** and will need to be set up using a link sent to the client from our bookkeeping department.

If your counselling sessions are beginning partway through a month, our bookkeeping department will send an additional invoice to cover the sessions that take place in the first month.

Our monthly payment system is based on each client's chosen session Package.

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## Counselling Packages

### ***Short Term Therapy Package:***

Short-term therapy is a brief time time-limited intervention that supports specific goals or focuses that you want to address therapeutically. This type of therapy can provide coping strategies and support in achieving desired outcomes.

#### **6-8 Session Package**

This includes

- Assessment session- **£19.50 Charge**
- 5 Counselling sessions

**£180 p/m = £45 per Session**



### **8-12 Session Package**

This includes:

- 1 assessment session - **£19.50 Charge**
- 7 Counselling sessions

**£148pm = £37 per session**

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### ***Long Term Therapy Package:***

Long-Term Therapy allows you to take your time with unpacking the things you desire to address therapeutically.

Long-Term Therapy allows you to explore patterns in your life to understand how these are affecting you and allows you to gain coping strategies and support in achieving desired outcomes.

### **12-20 Session Package**

This includes:

- 1 assessment session - **£19.50 Charge**
- Up to 20 Counselling sessions

**£128pm = £32 per session**

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## ***Open-Ended Therapy Package***

Open-ended Therapy allows you to have unlimited time to work through your underlying issues, which you want to understand. To allow you to have an ongoing explorative space to gain personal growth over an extended period.

Clients can access this contract at the beginning of their journey with HQ. The clients opting for an open-ended contract have to commit to at least 20 Sessions.

This contract can be accessed once the clients have been contracted on either of the other session packages and have decided they want to continue further with their therapy.

**Please note:** Clients will make a 2-month advance of fees with this package.

This package includes

- 1 assessment session- **£19.50 Charge**
- Open-ended counselling sessions with an agreed ending with the counsellor.

**£108pm = £27 per session**

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## ***Refunds:***

We do not offer refunds on sessions that haven't taken place. If a client receives less than their session package, we will be in contact with the therapist to determine why this is.

As sessions are not refundable, we ask that all therapists rearrange any missed sessions with an online session at a mutually agreeable time, where possible.