



Consultation Fees

Due to COVID-19 and the effects on the economy fees have been reduced to make therapy more accessible

Valid from 1st September 2020 until 31st August 2021

How many sessions?

Problems such as simple phobias or weight management would normally require up to 6 sessions after the initial consultation; and more deeply rooted problems including depression and anxiety disorders may require more work over a longer period. This will be discussed as part of the consultation. Smoking Cessation is one session.

Credit or Debit details are required to secure an appointment.

Hypnotherapy & Counselling

First Session - Consultation & Assessment - 1½ hours: £60

Treatment Sessions - 1 hour: £55 or 1½ hours: £75

Evenings from 6pm: £65 per hr or 1½ hours: £85

STOP SMOKING SPECIALIST - ONE EASY SESSION

Smoking Cessation is 1 session 2-2½ hrs duration, followed by 30 days listening to a back-up CD.

Smoking Cessation - One session with backup CD - 2-2½ hours: £200

A 50% deposit on all Smoking Cessation sessions is required at time of booking.

Payment methods:

Cash or Credit/Debit card. **Cheques no longer accepted.** Prices are per person, and inclusive of any handouts and CDs. *There are no surcharges for card payments.*

Sessions are time limited, and time will be deducted if you arrive late. Card details may be required to secure your appointment.

Cancellations:

My time and your time is precious. When you book an appointment I set aside time for you and I don't offer that time to anyone else. I only cancel my appointments in the event of illness, bereavement or other such circumstances. Once booked, **you are required to give at least 24 hours notice of cancellation for daytime appointments and 48 hours notice for evening appointments.** Cancellation must be by phone/voicemail and not by email or SMS text message. As I am not able to refill such appointments, late cancellations will always incur a charge 50% of the session fee and the full fee for missed appointments where no notification was given.

Late Arrival:

If you are running late I appreciate a quick call or a text message to let me know (providing it is safe for you to do so). If you arrive late for your appointment the time will normally be deducted as I am not able to overlap appointments, and the full rate is payable for the session. If you arrive more than 20 minutes late the session will be treated as a failure to attend as there would not be time to do any therapeutic work. In these circumstances I charge 50% of the session fee provided you reschedule the appointment.

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