

GROUP PSYCHOTHERAPY & COUPLE COUNSELLING

CATALYST COUNSELLING offers the above as well as individual counselling.

Couple Counselling

This involves an initial assessment during which the number of further sessions will be discussed. The first appointment can take up to an hour and a half. Ongoing couple work is with the couple and clients are therefore not seen on their own.

The cost for the initial assessment is £55.00 and the on-going cost is £45.00 per session.

Group Psychotherapy

For certain needs, group psychotherapy may be recommended. If you have uncertainties about this we can offer a free consultation with the group psychotherapist to discuss this possibility.

COMPLAINTS PROCEDURE

There is a complaints procedure, which may initially, be accessed through the Administrator of Catalyst Counselling.

We operate under the guidelines of an Equal Opportunities Policy in the Agency.



The Service offers

TIME LIMITED COUNSELLING

44 Alexandra Road
Lowestoft
NR32 1PJ

TEL: 01502 516957

TIME LIMITED GUIDELINES

The counsellor with whom you will work is supported and appraised by Catalyst Counselling and thereby works within the Standards and Code of Ethics and Practice of the British Association of Counselling and Psychotherapy (BACP) of which this agency is a member.

REFERRAL & FEES

If your GP or your place of work with whom we have an agreement, refers you to us you will receive up to six sessions of counselling free. If at the end of this work you and your counsellor feel it would be beneficial to continue, you will be referred to another counsellor for on-going counselling for which you will have to pay.

The current cost of providing counselling is around £35.00 to £40.00 per session. The amount you pay is negotiated between you and your counsellor at the first session. The figure is dependent upon your income, circumstances and commitments.

EQUAL OPPORTUNITIES POLICY

The Centre is committed to equal opportunities and welcomes everyone without discrimination of race, class, culture, gender, marital status, physical ability or sexual orientation.

CANCELLING APPOINTMENTS

If you do not attend your appointment once it has been arranged, this will be counted as one of your sessions from the total of six and this session will not be reinstated. According to the terms of the contract, two missed sessions during the course of the counselling will lead to termination of the work.

The counsellor will give you as much advance notice of their breaks as is possible. If the counsellor has to cancel, this will not be classed as a missed session.

If you do have to cancel an appointment, please telephone the office and give as much notice as you can. If a member of staff is unable to take your call, please leave a message with the following information:-

- Your full name
- Your counsellor's full name
- Date and time of your session

ENDING COUNSELLING

It is essential that you talk through with your counsellor any thoughts you may have of wishing to end your counselling early. Doubts about you continuing the sessions are very often to do with thoughts, feelings and difficulties that arise during the counselling.