

Sessions & Fees

Booking a Counselling Session

If you decide to book a session at The Counselling Barn you can email me directly from this website or give me a call. The first session you will have with me is a consultation session, which is just like a normal counselling session, but it will give us both the chance to establish whether or not we can carry on together in a counselling relationship.

The Counselling Contract

If we decide to book more sessions together we will work within a counselling contract, which I will go through with you in your consultation session. The counselling contract is a set of boundaries that we will establish together, which provides a safe and professional framework for our sessions and for our counselling relationship.

Client	Duration	Fee
Adults: (18 yrs+)	50 minutes	£35
Adolescents & Young People: (11yrs - 17yrs)*	30-45 minutes	£25-£30

* The duration and cost of sessions with adolescents and young people is determined during the consultation session.