



## **Fees**

Last updated 1st January 2021

### **One to one counselling**

#### **Sessions with Julia**

Introductory session: £30

Single counselling session (one hour): £47

Block of 6 counselling sessions: £255

#### **Sessions with Phil**

Introductory session: £25

Single counselling session (one hour): £43

Block of 6 counselling sessions: £225

### **Couples counselling (Phil)**

Introductory meeting (60 mins): £35

Couples counselling session (one hour): £48



## **EMDR (Julia)**

Introductory session (to explore whether EMDR is right for you): £30

Block of 6 EMDR sessions: £397

## **Supervision (Julia)**

Initial meeting: Free of charge

90 minute supervision session (monthly contract): £75

Student rate (fortnightly contract): £40