

## **Consultation Services**

*Last updated 28/02/2023*

Therapeutic consultations are currently available to:

- Parents and Carers
- Education Staff
- Organisations and Companies

If you are concerned about your child, it can sometimes be helpful to talk things through with a qualified professional. Parental consultations can support and advise you on your child's development and/or concerns you may have, including signposting to support in your local community and national resources.

Consultations to education staff provide an opportunity to reflect and share about individual and collective wellbeing, engage in conversations about practice and/or themes that are current and emerging across your setting. We can discuss how to be transformative in your setting's approaches to health and wellbeing including good practice recommendations and next steps.

For organisations and companies, I can collaborate with you to review, streamline, and implement systems, processes or pathways and associated resources to support staff wellbeing in the workplace.

### Practicalities

15 minute initial phone call (free of charge). Individual consultations last for 1 hour.

Each consultation will be assessed depending on your need/s and usually cost between £45 and £70+ per appointment. For those on a low income or with limited funds, the full fee for a consultation can be reduced to £25.