

Ways We Can Work Together

This short overview is here to give you a gentle sense of the different ways therapy *can* look. Nothing here needs to be decided upfront. Most clients discover what works best for them once therapy has begun.

Format of Sessions

You can choose the format that feels most comfortable and practical for you:

- **Online (Zoom)** – flexible and accessible from your own space.
 - **In person** – held in a calm, confidential therapy setting.
 - **A mix of both** – some clients alternate depending on need and availability.
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Session Length Options

- **Standard session (60 minutes)** – the most common starting point.
 - **Extended session (2 hours)** – helpful for deeper exploration or couples work.
 - **Intensive sessions (3–4 hours)** – offered selectively for individuals or couples wanting focused, in-depth work over a shorter time frame.
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Frequency of Sessions

Most clients begin with **weekly sessions**, as this helps build safety, continuity, and momentum.

Other options we may discuss together include:

- **Fortnightly sessions.**
- **Flexible or phased spacing** as therapy progresses.

Frequency is usually reviewed after the first 1–2 sessions, once your needs and goals are clearer.

Short-Term and Longer-Term Therapy

- **Short-term therapy:** typically 6–8 sessions, focused on a specific issue or goal.
- **Longer-term therapy:** usually 3–12 months, allowing space for deeper or more complex work.

The length of therapy is always collaborative and reviewed along the way.

Appointment Times

Availability may include:

- **Daytime sessions.**
- **Limited evening sessions.**

Weekend sessions are offered occasionally and subject to availability.

Block Bookings (Optional)

Some clients choose to book sessions in blocks. This can feel more containing and can reduce the mental load of rebooking.

Block bookings are:

- Completely optional.
- Flexible.
- Usually discussed once therapy has begun.

There is no pressure to commit to blocks, and single-session booking is always available.

Investment

£90 per session (55 minutes)

£70 discounted rate for students, individuals on low income, and NHS referrals/employees.*

Available Monday–Thursday, 9.30am–3.30pm. Evidence required. Limited spaces.

Initial consultation: £45 (waived for free consultation).

I offer block booking discount - Pay for 5 sessions and receive a 6th session free.

A Final Reassurance

You are not expected to have all the answers now.

Therapy is a collaborative process, and we will shape the way we work together at a pace that feels right for you. You are always welcome to ask questions or revisit choices as we go.

Please only begin therapy when you feel ready — you will know when that is.

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