

# 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.

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## 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.

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## 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.

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# 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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