

At the end of the first consultation session we will discuss a proposed treatment plan with you. We work with you to identify the problem and set some end of treatment targets.

Once you understand what your treatment entails you decide if our service is for you, if it is the right time for you and how you would like to progress. If you want to proceed we schedule your therapy according to your needs; we can provide appointments at various times and intervals.

If you and your therapist agree that psychotherapy is not appropriate, time will be given to discuss the reasons and alternative suggestions will be offered. These may include a different form of psychotherapy, seeing a specialist to discuss medication issues or perhaps recommending some literature.