

At the end of the free consultation your therapist will discuss with you a proposed individualized treatment plan, including what is required from you, what will occur in sessions and time scale.

People recover at different rates and this is affected by factors such as type and complexity of the problem, other factors going on in your life, how frequently you attend for therapy, length of therapy sessions etc. Most people will attend for between 6 and 20 sessions.

Allowance is always made for the fact that people will get better at different rates and your therapist will review your progress at each session.