

What our clients have said about us:

"My counsellor was very understanding and did her best to make me feel comfortable in the sessions. I felt able to talk to her easily. I would return to her if I needed further counselling, She helped me a great deal, and enabled me to help myself. Thank you".

"Plenty of time was taken to establish my needs". "I am very satisfied with my present counsellor."

"Very speedy referral. I felt really well cared for Thanks."

"The counsellor seemed to give me the space I needed to work things out in my own time."

"Very very pleased with the services received. I felt I was matched up with the right counsellor for me."

"Was very impressed with how my request was dealt with."

"It was so good to be able to "off-load" with someone who didn't know me. Thanks so much".

"The counsellor helped me feel stronger about returning to work after a long absence".

"I would certainly go to the counsellor again and may well do so in the future".

"I believe that Counselling Works offers an exceptional service to people who need support at difficult times."

"Extremely understanding and flexible."

" I was very comfortable with disclosing my problems. I would definitely use or recommend the counsellor again".

Recommendation to friend - "Yes". "Excellent". "Thank you very much and best wishes for your organisation".

Some of our Counsellors



Offices:

Milton Keynes 01908 263 800

62 High Street Stony Stratford Milton Keynes MK11 1AQ

Bedford 01234 860 844

9 Mountbatten Place Barkers Lane Bedford MK41 9RI

Email: angela@counsellingworks.co.uk



**Fast, affordable help
when you need it.**



Phone Angela
to talk about your requirements
and she will find you a
suitable
counsellor/psychotherapist

01908 263 800

Email: angela@counsellingworks.co.uk
www.counsellingworks.co.uk

Frequently asked questions:

How much does it cost to see one of your counsellors, as I am unemployed at the moment?

At **Counselling Works** sessions can cost less than £10 a session if you are unwaged or on benefits.

How long is a session?

One hour

How often do I need to come for counselling?

Once a week is what most people choose.

I work shifts so can't attend sessions on the same day each week. Can you accommodate this?

At **Counselling Works** we can accommodate times and days to suit your needs.

How many sessions am I likely to need?

On average people come for between 6 & 8 sessions. It may be longer for more complex issues.

How do you allocate a counsellor to me?

Angela will spend some time on the phone with you and match you to the most appropriate counsellor, according to your needs.

How quickly can you offer counselling?

At **Counselling Works** we do not have waiting lists. We can usually place you with a counsellor within a few days.

How experienced are your couples counsellors?

We think it is important that you see a trained, experienced couples counsellor, so we use accredited counsellors who have had additional training for this work.

At **Counselling Works** we have counsellors with a range of experience and specialties, anything from counsellors in training up to senior accredited level. We have counsellors who work with children and adults. Experiences cover issues such as drug and alcohol, adoption, couple relationships, trauma, eating disorders, bereavement, anxiety, stress, depression, gender, same sex issues, abuse and difficulties in childhood.

At **Counselling Works** no problem is too big or too small

Reasons for choosing us:

No waiting lists

Flexibility with appointment times

General and specialist help for individuals, couples and children

Fees to suit your income

No answer phones and no phone menus

Strict confidentiality maintained at all times

Call Angela to arrange an appointment on:

01908 263 800 Milton Keynes

01234 860 844 Bedford

OR email

angela@counsellingworks.co.uk

OR go to our website and fill in an online form

www.counsellingworks.co.uk



The service we offer.

With 25 counsellors and psychotherapists we are likely to have a counsellor who is just right for you. Contact us to discuss your needs. When we have understood them we will contact a suitable counsellor for you. Counselling will normally start within 7 days. We have premises in Stony Stratford, Bedford and local services are available nationwide. In addition counselling by telephone or Skype is also available.

Cost

The range is from under £10 to £70 according to training and experience of the counsellor / psychotherapist. There is a 'one off' administration fee of £12, which is collected by credit/debit card along with the first session fee before counselling starts. We are grateful to our affiliates who give their time free, or at a reduced fee to facilitate our "low cost service".

To reassure you:

We employ an evaluation system that constantly monitors the effectiveness of our service. Counsellors are required to be in Clinical Supervision, subject to an enforceable code of ethics and to have professional indemnity insurance.

Registered office:

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Milton Keynes MK11 1AQ

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