



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults

PROCESS FOR PRIVATE CLIENTS

1:1 emotional support interventions / counselling & psychotherapy

Contact made to Sunrise Wellbeing. FREE verbal consultation arranged.



Discussion to see if Sunrise Wellbeing can support you/your child



Face to face sessions start - initial assessment carried out and contract signed



6-10 sessions completed initially



Review held - progress & impact discussed.
Ongoing strategies/resources provided to client and/or parent/carer

Prices will be discussed & agreed based on client/household income and the amount of preparation & work involved. All prices accommodate assessments, meetings, note taking & evaluation together with clinical supervision and insurance which is a requirement of sustaining ethical practice.