

Short Term Counselling

How Much Does it Cost?

The fee is £50 for each session, with the total cost being £350.

Cancellations

The fee will be payable on all sessions arranged and not attended.

Opening Hours

We offer appointments (subject to availability) between 8:00am and 8:00pm Monday to Friday. Reception is provided at the following times: Monday, Tuesday, Wednesday, Thursday and Friday - 10:00am - 6:00pm

There is also a 24-hour answering service.

How To Find Us

We are situated in a cul-de-sac off Leith Walk and are serviced by buses: 7, 10, 12, 14, 16, 22, 25, 35, 49.

**Wellspring
13 Smith's Place
Edinburgh
EH6 8NT**

**Tel: 0131 553 6660
www.wellspring-scotland.co.uk
mail@wellspring-scotland.co.uk**

Wellspring
centre for psychotherapy and counselling

Wellspring Short Term Counselling Service



Is short term counselling for you?

Wellspring
centre for psychotherapy and counselling

Short Term Counselling

What is Short Term Counselling

Short term counselling can be an effective way to begin to sort things out.

In short term counselling the focus is more on exploring solutions to problems or emotional concerns, rather than on in depth exploration of their source or origin and sessions may be structured to focus on particular areas of concern.

How Many Sessions Will I Have?

At Wellspring, we offer an initial assessment session, followed by a further six sessions.

In the initial session you can decide with your counsellor whether short term counselling is right for you and explore the direction of your therapy and what you would like to achieve in your six sessions.

What are the Benefits?

Potential benefits of short term counselling are:

- an opportunity to explore immediate issues and find a way forward
- space to identify and develop resources
- less waiting time for an appointment
- a shorter time frame can be more cost effective and allow you to budget

Short Term Counselling

What Issues Can I Bring?

Some of the issues people bring to short term counselling sessions include:

- Stress
- Anxiety
- Personal and work relationships
- Life transitions
- Traumatic experiences

What Happens Next?

It is important that the initiative for making an appointment comes from you. The Short Term self referral form can be downloaded from our website or we can email or post one to you.

Within two weeks of receiving the completed form, a therapist will contact you to arrange an appointment.

What if I want to Continue?

Once you have completed your seven sessions, your short term counselling is at an end.

If you want to continue in longer term therapy, you will be asked to complete a self referral form for our core service and be placed on the waiting list to see another therapist.