

Every situation is different and couples counselling usually requires more sessions than individual counselling. Couples need to be prepared to give their relationship a period of around three months to start to see the changes they want to have happen.

People coming for individual counselling generally benefit greatly from only a few sessions, at first and then just come periodically, say every 6 to 8 weeks for top up sessions after seeing initial improvements.

We end when you feel that you are no longer benefiting from it or have achieved the outcomes that you set out to achieve.

**Give me a call now on 07941 914 689 or [eMail Me](#)**