



What to expect from your therapy sessions

Once you have had an assessment with us, it may be agreed that therapy sessions are an appropriate option. All of our decisions as therapists are made for you individually, and so there is wide variation between clients based on their needs and wishes. This leaflet provides information on our basic principles as a team.

What happens in a session?

You can expect your therapy session to last up to 45 minutes in duration.

- The session will include:
 - Gathering information on progress with activities set as 'homework' since the last session
 - Activities designed to work on the goals set between yourself and the therapist.
 - Verbal feedback and advice.
 - Modelling activities and tasks as the new 'homework'.
- After the session, the therapist will:
 - Write case notes and plan for the next session
 - Send any emails to update you/others on plans and progress

NB: Please review our First Session Leaflet for information about our clinic premises and cancellation guidance.

How frequent are sessions?

This is based entirely on what we have advised would be best and is feasible for you.

- Should a set of sessions be booked, but your needs or availability changes, the sessions are altered accordingly.
- Sometimes, sessions are better being more spaced out. There are some things to note around this:
 - At times, a 30-minute phone consultation is all that is needed rather than bringing you to an in-person appointment. This has its own separate charge.
 - If there is a longer gap between sessions (more than 6 weeks), we are likely to advise a review appointment is booked in instead. This is charged as an assessment.
 - Following a period of longer-term therapy, it is likely that we would advise a review session to decide the best course of action moving forwards, mark progress, and update others on new goals.

Can you support me in-between sessions?

Our therapists are happy to answer simple questions via email and will do this within their working hours, as promptly as possible.

Should a longer conversation be required, your therapist will book you in for a phone consultation. This has its own separate charge.

At times, yourselves or other professionals involved may feel an updated report or other paper correspondence would be helpful. This can be provided either as part of a review, or as a small additional cost to a therapy session.

Address

Claydon Court
Claydon
Ipswich
Suffolk IP6 0AE

Visit Us

www.communicate-therapy.co.uk



@communicateslts

communicatespeechlanguagetherapy

Company

COMMUNICATE & CARE LTD.
(trading as Communicate)
08196903

