

Private Counselling Information & Terms

The logo for Marie Finan Counselling is an orange, multi-pointed starburst shape. Inside the shape, the name "Marie Finan" is written in a white, serif font, with "Marie" on the top line and "Finan" on the bottom line. Below the name, the word "Counselling" is written in a smaller, white, sans-serif font.

Marie
Finan
Counselling

Overview

I offer confidential, one-to-one counselling for individuals seeking support with anxiety, depression, grief, work-related stress, and life challenges. My approach is integrative and client-centred, providing a safe and supportive space to explore your thoughts and feelings.

Fees

- £75 per 50-minute session
- £375 for a block of 6 sessions (prepaid)
- Payment is required in advance of each session or block booking

Sessions

- Sessions last 50 minutes
- Weekly sessions are recommended for consistency
- Sessions can be in-person or online

Confidentiality

- All sessions are confidential. The only exceptions are where there is a risk of harm to yourself or others, or where
- required by law. These limits will be discussed with you during your initial session.

Cancellations

- At least 24 hours' notice is required to cancel or reschedule a session
- Sessions cancelled with less than 24 hours' notice will be charged in full
- Missed sessions are charged at the full rate

Ending Therapy

You are free to end therapy at any time. Where possible, it is helpful to have a planned ending to allow for reflection and closure.

If you have any questions or would like to arrange an initial session, please get in touch.

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