

The Process

**Clients are able to refer themselves
Or are referred by Occupational Health**

Clients are offered an initial assessment appointment conducted by a senior psychotherapist

Outcomes monitoring forms are completed by the client in line with The Person Centred Approach

The client is offered an initial six sessions with the option to increase to ten after consultaion with OH

The clients' progress is monitored throughout and the results are entered on to the outcomes monitoring data base for analysis.

Contact us

**Telephone:
01159605577**

**Email: NWCS100
@yahoo.co.uk
Website
CounsellingExtra.co.uk**

CounsellingXtra (NWCS) is an organisational member of the British association for counsellors and Psychotherapists

CounsellingXtra works in partnership with the University Of Nottingham research team to identify more efective ways of monitoring outcomes.

CounsellingXtra is the brand name of NWCS
Charity Number 1120569
Company Number 06259840 registered in England and Wales

Employer Assisted Programs

Emotional Intelligence Promotes Success



**Therapeutic Interventions for Employees
By
COUNSELLING EXTRA**

The Benefits

Counselling can

Alleviate stress and support mental health problems

Identify physical health concerns

Support people in distress caused by life events

Assist HR to identify and resolve workplace issues

- Reduced absenteeism
- Improved productivity
- Saves management time
- *Better staff retention*

COUNSELLING 

The Emotional and Psychological health of your staff is imperative to ensure a healthy and productive workforce

Early intervention can identify possible problems and reduce the financial cost to your business.

We Provide

Counsellors on BACP accredited register

Dedicated and committed professional staff

Immediate response to referrals

A Person Centred Approach

Secure and confidential consulting rooms

Organisational membership of the BACP

Fully insured and clinically supervised therapists

Established charity and company ltd by guarantee

Very competitive terms

Reports and statistics

Outcomes monitoring

Short term focused

Long term psychotherapy

Training endorsed by BACP

