



ABC Counselling and
Psychotherapy

Counselling and Psychotherapy Services

With Dr Jim Byrne

**An Information Pack about my
Enhanced Main Counselling
Psychology Service**

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*Updated on 23<sup>rd</sup> February 2024*

Hello,



Are you struggling with major emotional, behavioural or relationship problems that are getting you down, because you cannot solve them? Perhaps you are unhappy with your daily life experiences. Or you crave a better future.

Your problems might be in the areas of couple relationships; post-traumatic stress – perhaps with a childhood trauma component; addiction problems; problems with anger, anxiety and/or depression; self-destructive habits; or personality problems; etc.

If you cannot move forward, or improve your situation, I can help you.



My name is Jim Byrne. I have a doctoral degree in counselling from the University of Manchester, UK; an MA in Education, with substantial elements of psychology;

Plus a diploma in counselling-psychology and psychotherapy;

And more than 25 years' experience of helping all kinds of people throughout the English-speaking world with a broad range of emotional, behaviour and relationship problems.

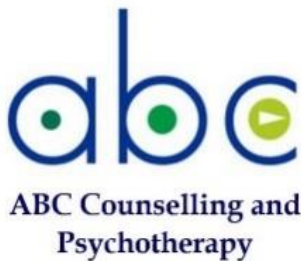
## ABC Counselling and Psychotherapy Services

(Please see my list of [Unsolicited Client Testimonials](#)).

- Do you learn well from **reading and writing**, and reflective thinking, supported by person-to-person counselling meetings?
- If you answered **Yes**, then I can help you.
- However, if you answered **No**, then *I suggest you need to approach a more traditional talk-therapy counsellor!* I would not be the right person for your *learning style*.

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I have developed the most comprehensive system of counselling and



psychotherapy, which considers the following aspects of your life (if relevant):

- Your early childhood attachment experience with your mother or main carer;
- Your personality *adaptations* to your parents or main carers;
- Your adverse childhood experiences, and childhood developmental traumas (if any/or many);
- Your current experience of being engaged in a close marriage, or marriage-like relationship (if appropriate);
- Your current life stressors and sources of suffering;
- Your current approach to lifestyle self-management - (including diet and nutrition, exercise, sleep, relaxation, and so on).
- Your current ability to manage your thoughts, feelings and behaviours in pursuit of your goals (including self-soothing, and interpersonal boundary management).

1. At least 6-8 questionnaires
2. Three or four counselling meetings
3. Extensive analytical report with solutions
4. At least 6-8 psycho-educational documents
5. Guided journal-writing activities

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**My Enhanced Main Counselling and Psychotherapy Service; Sometimes called Counselling-Plus:**

Most of the individuals who have used this service have had problems with couple relationships.

But some have had childhood trauma, or current stress and addiction problems;

And I am able and willing to help with any complex emotional, behavioural or relationship problem.

This *Enhanced, Main Service* has been developed, piloted, tested, revised and updated over a prolonged period of time. Here is the current structure:

1. **Initial Questions**: When you first contact me, I will most likely send you a set of three or four questions, to explore the general area of your main problem(s), and your goal for our work together.
2. **Formal assessment questionnaires**: In the light of your answers to the question, above, I will then send you a range of relevant questionnaires. The function of these questionnaires is to collect relevant information about some of the most likely potential sources of your current problem[s].

Most often I will send six to eight - and (if necessary) possibly a dozen or more - questionnaires, as email attachments; and I may ask some supplementary questions via email once I've seen your answers.

Or I may send additional questionnaires.

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The subject of each questionnaire is determined by the problem(s) you wish to address in our work together. For more on 'formal assessment', [please click this link: Formal Assessment.](#)\*\*\*

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3. **Three (or four) counselling/therapy meetings:**

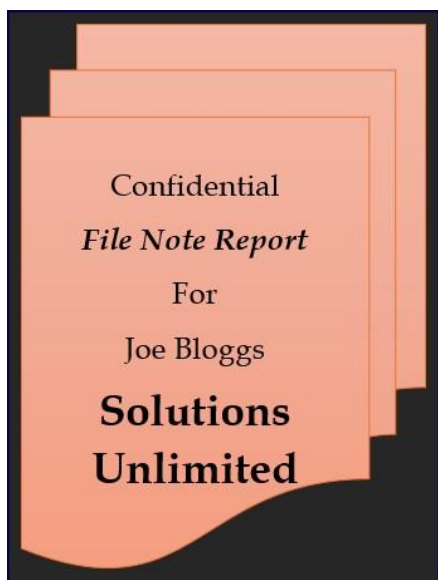
These meetings, of up to sixty minutes each, can be conducted face-to-face at my home/base in Hebden Bridge; or over Skype (or Zoom if you prefer); or over the telephone.

The first of these three (or four) meetings will mainly be *informal assessment*, although we may also get around to doing some initial counselling and therapy processes.

The second meeting sometimes occurs one week after the first meeting, to continue the informal assessment.

The third meeting could be at the mid-point (about 9 to 12 weeks after the first) or at the end of the process (which is most often about 18 to 24 weeks after our first meeting).

I sometimes add a fourth meeting, if that proves to be necessary.



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4. **An in-depth analytical report.** This is most likely to be sent in two or three chunks, and possibly four, in highly complex cases. My report will include:

- What happened at our first (and later our second [and sometimes our third]) meeting;
- My observations, reflections, and conclusions;

- Plus my assessment of your questionnaire answers, and what I learned about you during our person-to-person meetings;



- Plus a customized list of six to eight documents (and possibly more) which I will send, at three-weekly intervals (normally), over an eighteen-to-twenty-four-week period - (normally - [but this could increase, depending on the number of follow-up documents to be sent - and how busy you are!]).

I will send Part 1 of my analytical report to you within seven to ten days of our first meeting. (The remainder of the report will be sent in two or three additional “chunks”, over a period of weeks!) [To see some extracts from sample reports, please click this link.](#)\*\*\*

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5. Follow-up psycho-educational documents.

My report (or the first chunk of my report) is followed by six or eight (or sometimes more) *informational documents* - (called psycho-educational [or bibliotherapy] handouts) - mentioned above.

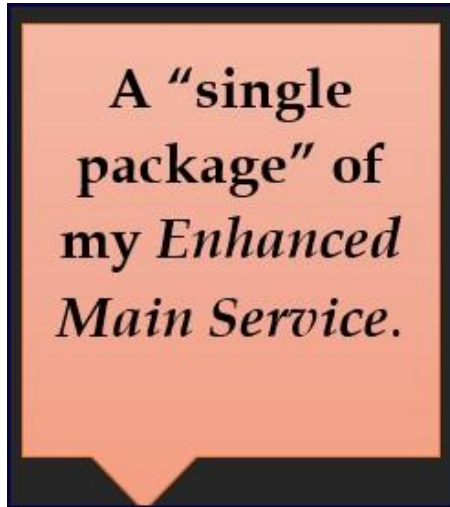
These documents are designed to teach you the knowledge and skills you need in order to begin to resolve the problem or problems that I have identified in my assessments of your questionnaires, supported by our counselling conversations.

These psycho-educational documents will be sent to you at intervals of three weeks (normally), over an eighteen-to-twenty-four-week period (normally - but this period will be longer, the more documents I have to send to you). Also the time gap between sending of documents can be increased or reduced, at your request, to take account of the amount of

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free time at your disposal for reading, reflecting, and doing guided journal writing activities!

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Those five elements, (numbered 1-5 above), are collectively called *a "single package" of my Enhanced Main Service*.

I estimate that close to 50% of people will only need *a single package* to resolve their most pressing problems.

### **Fees**

And the fee for a single package is now £2,500.00 GBP (with effect from Monday 4<sup>th</sup> March 2024). In the meantime, you could save a lot of money by signing up right now!

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Additional counselling sessions, and the fee

Some of my clients require extra sessions, after completing a single package, depending on the complexity and difficulty of their problems.

Once you have completed a single package of my Enhanced Main Service, described above, I am happy to see you for extra counselling sessions (if you feel you need them) at £180.00 GBP per sixty-minute session.

This fee includes the cost of the meeting and any follow-up reports or psycho-educational documents that I need to send, based on the issues raised during the meeting.

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## Fees for couples

If you are in a couple relationship, and you and your partner both want to consult me (individually) then I can offer you a “double package”, as follows:

- A **double package**, from 4<sup>th</sup> March 2024, will cost you just £4,000 GBP, which is a saving of £1,000.00 GBP.

And if I see you and your partner, ***I must see you individually***. I do not see couples ***together*** because I have found over a 25-year period of professional practice that meeting you ***individually*** is much more productive of progress than joint sessions.

(If you'd like to see my description of how I arrived at this position, please go here: [Couples Therapy in Hebden Bridge](#).)

Each of you will receive an *individual* assessment;

- plus *individual* meetings;

- and *individual* confidential reports;

- and follow-up documents designed to serve your *individual* problem-solving goals and *individual* personal development needs.

(I will **not** tell your partner anything that we discuss, or anything that I learn from your assessment; and vice versa!)

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All fees must be paid before I send out the questionnaires.

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## Recent Client Testimonials

♣ “Dear Jim, ... Things are greatly improved between me and Ken (not his real name! – JB). Without your help we would be heading for divorce, but instead I think we can now make it... I am so grateful to you, and I think your work is so valuable...”

## ABC Counselling and Psychotherapy Services

*F.J., Cragg Vale, Calderdale.* (Two double sessions of my Main Service for couple relationship problems).

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♣ “Hi Jim, I’m very grateful for your latest report, which is highly detailed and analytical, as always. The content about the (personal details about my relationship) is fascinating. I think your analysis is brilliant, and it sums up so much about my life that I could never have put into words. ... Thanks again...”

M.H., Wigan, Lancs. (Three “single packages” of my main service, via the telephone; followed by detailed reports).

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If you wish to sign up for this service, please email [Dr Jim’s Email Address](#).

Or telephone Jim on **01422 843 629** (from inside the UK)

Or **44 1422 843 629** (from outside the UK).

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Unsolicited Client Testimonial

♣ “Hello Jim, Thanks for your report which has helped to clarify a lot of things for me, and I can now see that I was part of the problem, which was not my earlier view. You have given me some great solutions, great ways of moving forward, and I am very grateful for that. ...”

K.T. (Bradford, West Yorkshire). A **Single Package** of the **Main Service**, for serious couple relationship problems.

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Best wishes for a happy and successful life.



Jim Byrne

Doctor of Counselling, 23rd February 2024

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