

My Standard Transformative Counselling Service

Assessment, focused counselling, written analysis and personalised follow-up guidance

By Jim Byrne, Doctor of Counselling, 4th October 2026

ABC Counselling and Psychotherapy Services

~~~



**Participants in this process receive an analytical, solution-focussed report and developmental guidance**

### **Overview**

**My Standard Transformative Counselling Service** is a structured five-hour package designed to help you understand a significant emotional, behavioural or relationship problem and begin making practical changes. It combines

- preliminary assessment,
- one focused counselling session,
- a personalised analytical report
- and carefully selected follow-up guidance.

The service is built around reading, writing and reflection as well as direct therapeutic conversation.

The written elements allow me to consider your situation carefully, explain my conclusions clearly and provide material that you can revisit and apply after our meeting.

## Counselling and Assessment Information in Confidence

~~~

Who this service is for

This service may suit you if you:

- Want help with an emotional, behavioural or relationship difficulty.
- Are willing to answer preliminary questions honestly and complete structured questionnaires.
- Learn well through reading, writing and reflection.
- Want more than a single conversation, and you value written analysis and practical follow-up guidance.
- Are ready to commit time, effort and financial resources to a structured process of personal development.

It may not suit you if you want counselling based entirely on conversation - without questionnaires, written analysis or follow-up reading.



You will be encouraged to do self-reflective exercises in a journal or notebook. People commonly consult me about anger, anxiety, panic, depression, persistent unhappiness, couple-relationship conflict, communication difficulties, the effects of childhood trauma, or a general sense of feeling stuck or dissatisfied with life.

Counselling and Assessment Information in Confidence

~~~

### How the service works

#### 1. Initial enquiry

**Tell me your  
problem and I  
will get back to  
you with some  
clarifying  
questions**

You begin by emailing me with a brief outline of the problem you would like help with.

I may reply with three or four orienting questions so that I can understand your concern more clearly and decide which assessment materials are likely to be most useful.

~~~

~~~

#### 2. Payment and questionnaires

**You get what  
you pay for.  
No such thing  
as a free  
lunch!**

If the service appears suitable, I will send you an invoice or bank-payment details.

The fee is payable in full before I send the questionnaires.

I will normally select two questionnaires to gather broad and detailed information about your situation.

Depending on the presenting problem, these may focus on personality tendencies, lifestyle self-management, childhood experience or related factors.

~~~

Counselling and Assessment Information in Confidence

3. Preliminary assessment



I allocate one hour of professional time to sending and receiving the questions and questionnaires,
reviewing your answers,
making initial sense of the information
and preparing an agenda for our counselling session.

~~~

### 4. The counselling session

We meet for one 60-minute individual session, either face to face in Hebden Bridge or online by video call.

The meeting combines focused therapeutic work with further informal assessment and discussion of points arising from your written answers.

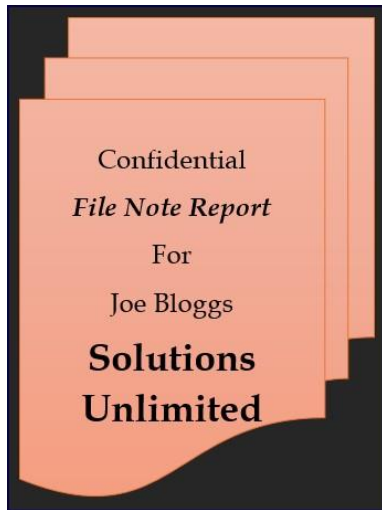


**Our counselling session will have an agreed agenda, which will explore your problem further, in the context of what I have learned from your questionnaire answers**

~~~

Counselling and Assessment Information in Confidence

5. Personalised written follow-up



After the meeting, I spend approximately three hours reviewing the material, reflecting on the session and preparing your follow-up. You will receive:

- A personalised analytical report describing what happened at the meeting, my observations and reflections, and the conclusions I have reached.
- Two or three carefully selected or custom-designed guidance documents containing relevant knowledge, practical skills and reflective or journal-writing activities.

The guidance documents are normally sent by email at approximately one-month intervals.

This gives you time to read, reflect and practise each stage before receiving the next document.

~~~

### What the five-hour package includes

- **One hour:** preliminary questions, questionnaire administration, review and session planning.
- **One hour:** the 60-minute counselling and informal assessment session.
- **Three hours:** post-session analysis, preparation of your report, and selection or development of follow-up guidance.

~~~

Counselling and Assessment Information in Confidence

Fee and payment

The total fee for My Standard **Transformative Counselling Service** is **£450**, covering five hours of professional work at £90 per hour.

Payment must be made before the questionnaires are sent.

~~~

### Options for longer-term work

If your problem is long-standing, entrenched or particularly difficult to untangle, you may prefer to book more than one package. Each package includes a counselling session, relevant assessment before the meeting, and the usual written report and follow-up guidance afterwards.

- **Triple-Pack:** Three packages and three counselling sessions. The standard total is £1,350; a 20% advance-booking reduction brings the fee to **£1,080**.
- **Six-Pack:** Six packages and six counselling sessions. The standard total is £2,700; a 30% advance-booking reduction brings the fee to **£1,890**.

~~~

Returning clients

If you consulted me within the past five years and completed the JPAQ questionnaire, I can offer a 20% reduction on the applicable fees:

- **Single Package:** £360 instead of £450 – a saving of £90.
- **Triple-Pack:** £864 instead of £1,080 – a saving of £216.
- **Six-Pack:** £1,512 instead of £1,890 – a saving of £378.

~~~

...

## **Counselling and Assessment Information in Confidence**

### **Where sessions take place**

The service is available face to face in Hebden Bridge or online by video call using Microsoft Teams or the Psychology Today virtual office.

My location in Hebden Bridge is 27 Wood End, HX7 8HJ. For directions, please click this link: [How to find me.](#)



### **About Dr Jim Byrne**

I hold a Doctor of Counselling degree from the University of Manchester and have almost thirty years' experience. I have helped more than 1,400 people from many parts of the world with emotional, behavioural and relationship problems.

I am also a Fellow of the International Society for Psychotherapy and Counselling (FISPC).

~~~

How to enquire

Email me with a brief outline of the problem you would like help with and say whether you prefer to meet in Hebden Bridge or online by video call. I will let you know whether this approach appears suitable for your needs and explain the next steps.

Email: dr-jim-2024@proton.me

Telephone: (+44) 01422 843 629

This information pack describes the structure and fees of My Standard Transformative Counselling Service. Suitability is considered individually following your initial enquiry.

~~~