

Problem-Specific Specialist Counselling, Assessment and Report Packages

By Jim Byrne, Doctor of Counselling

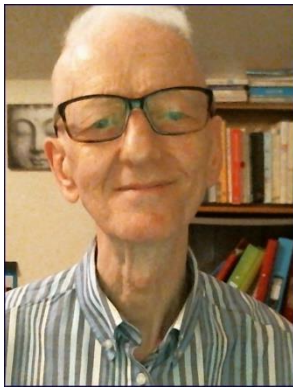
ABC Counselling and Psychotherapy Services

Hebden Bridge and over Internet video calls

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**4<sup>th</sup> October 2026**

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This information pack describes my specialist services for anger management, couple-relationship difficulties, childhood trauma, and other emotional, behavioural and relationship problems

In contrast to the more open format of my **Standard Transformative Counselling Service**, these specialist packages are pre-designed for particular emotional, behavioural and relationship problems. Each package has a clearly defined focus, assessment process, counselling component, written follow-up and fee. You can compare the options below to identify the package that may be most relevant to your needs. And there is then a link to further information on each package, if you need it.

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### **Service No.1: Discover Your True Self & Overcome Old Patterns**



Are perfectionism, people-pleasing or a strong need for control holding you back? My in-depth **Joines Personality Adaptations Questionnaire service** can help you understand how your characteristic patterns developed and how they may be affecting your life today.

You will receive an Elaborated Description and Action Guidance document for each Personality Adaptation identified in your results.

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**Take the JPAQ test and create a new life plan, with better self-management skills!**

Each personalised document explains the relevant pattern, suggests practical next steps and includes journal-writing exercises designed to help you change its unhelpful aspects. The total fee is **£360**.

I will send an overview of your JPAQ results as soon as I have analysed your answers. We can then schedule a meeting to discuss the implications of your personality profile for the kinds of problems you are encountering in your life at the moment.

You will then receive one guidance document for each of your personality adaptations. Most people have two adaptations; some have three; and a tiny minority have four or more. My guidance documents will help you to eliminate the Pitfalls (or weaknesses) of your personality adaptations, and to build upon your strengths.

For full details of the assessment, personalised documents and practical exercises included in this package, please visit my [Exploring Your Personality Through Joines' Adaptations page](#).

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Alternatively, [contact Dr Jim Byrne today](#).

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[Unsolicited client testimonials...](#)

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Service No.2: Problem-solving linked to personality adaptations and lifestyle factors

Two major roots of failure in life: Childhood adaptations and current lifestyle factors.

Service No.2 addresses both personality adaptations and lifestyle factors, such as diet, sleep and exercise, because these can interact to influence mental health, physical health and emotional or behavioural functioning. I recommend this package for most people because both areas often deserve attention. You will complete two questionnaires: the Joines

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Personality Adaptations Questionnaire and the E-CENT Lifestyle Factors Questionnaire, which assess personality patterns and key lifestyle habits.

After I receive your completed questionnaires, we will agree a date and time for our meeting.

During the meeting, we will explore your questionnaire answers and any related issues. Afterwards, I will prepare a personalised analytical report and identify at least three follow-up documents containing relevant information, practical guidance and reflective activities.

The fee for this service is £630.

For more information about this service, please visit my [Personality Adaptations and Lifestyle Factors Coaching page](#).

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If you would prefer to begin with self-directed learning, you may wish to read one or two of our books on [Lifestyle Factors in Physical and Mental Health at the ABC Bookstore Online UK](#).

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You can also read [unsolicited feedback from previous counselling clients](#).

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Service No.3: Problem-solving linked to childhood developmental trauma or complex PTSD

Childhood developmental trauma may be contributing to your current difficulties.

This service uses the Joines Personality Adaptations Questionnaire, an attachment-style questionnaire and the Adverse Childhood Experiences questionnaire to explore how developmental trauma may be connected with your current difficulties.

If you believe childhood developmental trauma may be contributing to your current difficulties, this service offers a structured

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programme of six individual meetings. Each meeting is preceded by relevant assessment and followed by a personalised report and psycho-educational guidance documents.

The fee for this six-meeting service is **£2,160**, payable in advance before I send the first questionnaires.

For more information about this service, please visit my [Childhood Trauma Recovery Service page](#).

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For a self-help introduction to trauma recovery, you may wish to use our main book, [Transforming Traumatic Dragons: How to recover from a history of trauma – using a whole body-brain-mind approach](#), by Jim Byrne, Doctor of Counselling.

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To read unsolicited feedback from previous clients about their experience of working with me, please visit my [client testimonials page](#).

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### **Service No.4: Couple-relationship and interpersonal communication coaching through individual sessions**



I do not see couples together in joint sessions. Instead, I work with each partner individually in a separate session. The quoted package fee covers one partner's assessment, one counselling session, a follow-up report and follow-up guidance documents. If both partners wish to consult me, each person will be invoiced separately for the stated fee.

**Assessment process:** I will begin by asking you a few orienting questions by email so that I can understand your view of the relationship problem. I will then send you between two and four questionnaires, depending on your answers. These will explore how

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your early childhood experiences may have shaped your personality, your exposure to adverse childhood experiences and your attachment style. During our meeting, we will assess the balance of positive and negative moments in your relationship, explore your pattern of interaction and consider what may be needed to improve the relationship.

The fee for this service is **£540**, payable before I send the questionnaires.

For more information about this service, please visit my [Building Lasting Relationships page](#).

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If you would like to begin by developing your understanding independently, please see our self-help books for individuals who want to improve their chances of building a happy, healthy and rewarding couple relationship: [Couple Relationships and Couples Therapy](#).

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Before choosing a package, you may wish to read [unsolicited feedback from previous counselling clients](#).

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Service No.5: Anger management services



If inappropriate anger is affecting your health, work or relationships, this structured service can help you understand its causes and develop more constructive ways of responding.

This eight-hour service begins with detailed questionnaires exploring factors that may be contributing to your anger problem. We then meet for an anger-management counselling session combining further informal assessment with therapeutic interventions. Afterwards, I review your answers, prepare a detailed analytical report and send two

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or three or more follow-up documents at agreed intervals. These materials provide relevant knowledge, practical skills and journal-writing activities to help you manage anger, communicate assertively, practise forgiveness where appropriate and accept aspects of life that cannot be changed.

The fee for this eight-hour service is **£720**, payable before I send the questionnaires.

For more information about this service, please visit my [Anger Management Service page](#).

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For a self-help approach to anger management, see [Anger, Resentment and Forgiveness – Overcome resentment and learn to forgive and accept](#).

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### Service No.6: Counselling for grief and depression



This service may be appropriate when distress following a loss or failure remains persistent, significantly affects your daily life, or feels difficult to resolve without structured support.

This service distinguishes between grief as a natural response to a significant recent loss or failure and persistent depression that continues to cause serious distress. Using the holistic E-CENT approach, we consider the emotional meaning of the loss alongside relevant personality patterns, lifestyle factors, family background and current sources of relationship support. The work aims to help you understand what may be maintaining your depression, reconsider unhelpful conclusions about loss or failure, and develop personalised ways of managing and resolving the problem. The package comprises six hours of professional work at £90 per hour, giving a total fee of **£540**.

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For full details, please visit my [Depression Counselling - Hebden Bridge and Worldwide page](#).

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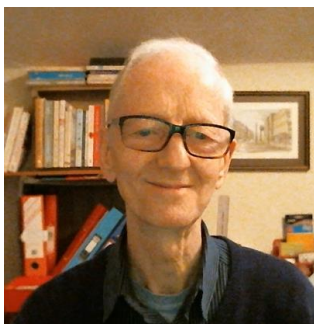
Service No.7: Counselling for anxiety and panic



This service is for people experiencing intense fear, generalised anxiety, social anxiety, panic reactions or related patterns of avoidance. It begins with an email exchange and at least three questionnaires exploring your personality adaptations, lifestyle factors and the details of your anxiety or panic. I analyse your answers before a 60-minute counselling and assessment session, held face to face in Hebden Bridge, online using Microsoft Teams or by telephone. After the meeting, I prepare a detailed analytical report setting out my observations and conclusions, together with a list of personalised follow-up documents containing relevant information, practical guidance and reflective activities. The package comprises six hours of professional work at £90 per hour, giving a total fee of **£540**. For full details, please visit my [Anxiety and Panic Counselling page](#).

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### Next steps



If you are unsure whether one of these problem-specific specialist counselling packages is right for you, please contact me with a brief outline of the problem you would like help with and say whether you would prefer to meet in Hebden Bridge, online using Microsoft Teams or by telephone. I will consider your needs, let you know whether one of the packages appears suitable, and explain the relevant assessment process, fee and next steps.

Email: [dr-jim-2024@proton.me](mailto:dr-jim-2024@proton.me)

Telephone: (+44) 01422 843 629

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