



Watford Women's Centre Plus
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Counselling Service Information

What is counselling?

It is a confidential space where you can explore what is going on for you and any difficulties you are having with your life and relationships. You may also want to process events from your past. Your counsellor won't give you advice, but will work with you to help you come to your own resolutions and find a way forward.

Our counsellors

Most of our counsellors are at an advanced stage of their training. We are a member organisation of the British Association for Counselling and Psychotherapy (BACP), and we adhere to the BACP's Ethical Framework.

What we offer

We offer short-term counselling (usually twelve weeks) or long-term up to one year. Day and evening slots are available.

Assessments

You can book an assessment by phone or in person. We charge £15 for an assessment, paid for in advance. If you don't attend, the fee is non-refundable.

There is a high demand for our services so, at times, you may have to wait some weeks for an assessment. We will try to match you with a counsellor as soon as possible. This will depend on our waiting list and your availability.

Our service is not suitable for anyone who presents with a high degree of complexity, has a current serious mental illness, or whose needs could be met more fully by a specialist agency or within the statutory services (NHS).

Fees

Our fees are based on ability to pay and are subject to review. They range from £15 to £35 per week. If you have to cancel a session with less than 24 hours' notice you will be charged.

A weekly commitment

We offer counselling on the basis that you are able to attend every week, apart from emergencies and agreed holidays. Your allocated slot will be at the same time and day each week.

Remote working

We are currently working remotely. On-line counselling assessments and sessions take place via Zoom.



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