

# Emotion Focused Therapy Treatment Plan Template

we are a not for profit organisation providing counselling talking therapies and coaching for individuals couples young people and local businesses who are seeking mental health and well being support

maybe you are struggling with anxiety or depression or feelings of loss following a bereavement perhaps you are experiencing a specific crisis or feel like you have lost your way in life and don t

we offer therapy counselling from 27 a session in brighton and hove uk book your initial consultation for 40 find the right therapist for you bacp ukcp mbacp

all clinics have facilities for individual psychological therapy and space for training and group work there is full disabled access at rock west and good disabled access at rock east the clinics are

the nhs is the largest provider of free therapy in the uk but there are others your local library gp surgery and community centre are all good places to find out about affordable services in your

we have provided counselling and psychotherapy in brighton since 2012 our services include short and longer term counselling psychotherapy cognitive behavioural therapy and couples counselling

find out how to access free talking therapies psychological therapies like cognitive behavioural therapy cbt counselling and guided self help on the nhs

services are free confidential and provide a wide range of support including courses online programmes and one to one sessions they aim to help you understand your symptoms and take

21 jan 2026 careful considered contained therapeutic support can help people to cope with current stresses and to develop lasting psychological change a sense of emotional well being and a better

counselling is more than talking therapy it s a co created relationship you may have experience of toxic or unhealthy relationships with others or yourself which is why being met in a genuine

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