

Consultation Menu

Just want to talk? Or, for your child to talk?

CONSULTATION SESSION

Tea & Talk ψ Walk & Talk ψ Text & Talk

Online face to face or audio or text
See website for therapeutic approaches
Consultation record & next steps provided

Fee*: £250 for first hour
then £150 for each hour that follows

Need advice?

PSYCHOLOGICAL ADVICE

(Personal or professional)

*Tea & Talk ψ Walk & Talk ψ Text & Talk
ψ Watch & Talk ψ*

Online face to face or audio or text/written advice
Consultation record & advice provided

Fee*: £250 for first hour,
then £150 for each hour that follows



*Need to know more about a child (0-17)
Or, young person (18-25)?*

PSYCHOLOGICAL ASSESSMENT (CHILD OR YOUNG PERSON)

Online and/or in person face to face
To identify needs in:

Social, emotional & mental health

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Communication & interaction

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Cognition & learning

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Physical and/or sensory development

Consultation & advice record provided

Fee: on request

Need to know more about yourself?

PSYCHOLOGICAL ASSESSMENT (ADULT AND/OR PARENT)

Online and/or in person face to face
To identify strengths & difficulties in:

Personality, self-concept & quality of life

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Cognitive abilities & learning

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**Mental health, childhood trauma/loss
& coping styles with stress**

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Parenting/attachment & family relationships

Consultation record & advice provided

Fee: on request

**This means the first hour of each session*

*An estimate can be provided depending on your
requirements (travel if international if applicable)*

Any security requirements are requested on referral

*Please refer to the contract for services for terms of business,
confidentiality and membership or fees on account*

Informal enquiries with
Dr Helen Mason Caswell welcome:

email helen@ipsy.me.uk

For iPsy please go to www.ipsy.me.uk

or call

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