

JPL Counselling Services



WWW.JPLCOUNSELLING.CO.UK

Overview of JPL Counselling

JPL Counselling, led by Jamie Longson (BACP registered), offers comprehensive counselling services to adults across the UK. Based in Chorlton, Manchester, Jamie provides face-to-face, online, and telephone counselling. His integrative approach combines person-centred therapy with Cognitive Behavioural Therapy (CBT), ensuring a tailored and effective therapeutic experience. With a strong commitment to professional development and adherence to the BACP ethical framework, JPL Counselling is dedicated to your wellbeing.

Key Features

Integrative Approach:

Person-centred therapy combined with CBT for personalised care.

Flexible Access:

60-minute sessions available face-to-face, online, or by phone.

Free 15-Minute Consultation:

Opportunity to connect and discuss your needs.

Inclusive & Confidential: Adhering to BACP guidelines with secure communication via ProtonMail.

Services Offered

- **Therapies:** Person-centred therapy, CBT, Integrative therapy.
- **Issues Treated:** Anxiety, depression, stress, relationship issues, and more.
- **Session Length:** 60 minutes.
- **Fees:** £55 per session.
- **Free Initial Chat:** A no-obligation opportunity to discuss your needs.
- **Availability:** Face-to-face, online, and phone counselling.
- **Location:** Chorlton, Manchester for face-to-face sessions.
- **Contact:** Phone or secure ProtonMail.

Starting Therapy: A Step-by-Step Guide

1. **Acknowledge the Need:** Recognise that you may benefit from professional support.
2. **Initial Contact:** Reach out for a free 15-minute consultation to discuss your needs.
3. **Assessment:** During the consultation, Jamie will assess your situation and determine the best approach.
4. **Session Scheduling:** Agree on a session time and format (face-to-face, online, or phone).
5. **Begin Your Journey:** Attend your first session and start working towards your goals.

Confidentiality: Your Privacy Matters

JPL Counselling is committed to maintaining strict confidentiality, adhering to the BACP ethical framework.

- Anonymised notes are kept securely.
- Communication is protected using secure ProtonMail.
- Legal exceptions to confidentiality will be discussed transparently.
- The counselling environment is safe and secure.

Quick Facts at a Glance

Counsellor: Jamie Longson (BACP)

Modes: Face-to-Face, Online, Phone

Fee: £55/session

Location: Chorlton, Manchester

Approach: Integrative (Person-Centred & CBT)

Session Length: 60 minutes

Free Consultation: 15 minutes

Contact: Visit www.jplcounselling.co.uk for contact details

Next Steps

If you're ready to explore how JPL Counselling can support your mental wellbeing, visit www.jplcounselling.co.uk to learn more and book your free consultation. Jamie Longson is here to help you on your journey to a healthier, happier you.