



## Professional Services

Please see the table below for the professional services that we provide to organisations as part of employee assistance programs, wellbeing support, or CPD purposes.

If you would like to discuss any of the services below or would like to create a bespoke service for your organisation, please email [janine@togetherwe.uk](mailto:janine@togetherwe.uk) or call 0808 196 1773.

## 1:1 Sessions

We can provide Talk Practitioners with or without a specialism and Registered Counsellors for 1:1 support. We can work with you to identify what would be the best fit for your business needs.

Talk practitioners will listen and provide support in a multi-modal way using elements of CBT, IPT, DBT and solution focused therapy to help and support individuals to build resilience, develop problem solving skills and improve overall wellbeing.

Some of our Talk practitioners are trained within a specialist area and as such have a higher rate for their time if their specialism is required.

Our Counsellors are registered with their professional governing body, they provide support for a specific identified need and will always use a person centred approach in their sessions.

We recommend 6-8 sessions for a course of 1:1 therapy followed by a therapeutic break to reflect and apply what has been learned in the sessions. The sessions can be weekly, fortnightly or by arrangement that suits the individual and business need.

| Description                            | Max Attendees                | Duration                  | Cost               |
|--|------------------------------|---------------------------|--------------------|
| <b>Talk Practitioner</b>               | 1 person<br>Up to 8 sessions | 45 minutes<br>Per session | £50<br>Per session |
| <b>Specialist Trained Practitioner</b> | 1 person<br>Up to 8 sessions | 45 minutes<br>Per session | £75<br>Per session |
| <b>Counsellor</b>                      | 1 person<br>Up to 8 sessions | 45 minutes<br>Per session | £75<br>Per session |

## Supervision and Reflective Practice

We offer supervision with and without a specialism as well as Team Supervision / Reflective practice:

Supervision with or without a specialism will require the attending person to create a contract with their supervisor regarding the use of the session and will set the goals and boundaries from the first session. This supervision is best used for caseload management, reflecting on your own practices and identifying CPD opportunities.

Reflective Practice with or without a specialism will also require a contract from the group to ensure the needs and expectations of everyone are being considered in the session. These sessions are best used to share experiences at all levels, to provide support and problem solve as a team. Being able to recognise ways to overcome obstacles and to share ways to develop skills for knowledge sharing.

| Description   | Max Attendees       | Duration     | Cost               |
|---|---------------------|--------------|--------------------|
| <b>Supervision with specialism</b>                            | 1:1                 | Up to 1 hour | £75<br>Per session |
| <b>Supervision no specialism</b>                              | 1;1                 | Up to 1 hour | £50<br>Per session |
| <b>Reflective Practice / Team Supervision with specialism</b> | Up to 8 recommended | Up to 1 hour | £75<br>Per Session |
| <b>Reflective Practice / Team Supervision no specialism</b>   | Up to 8 recommended | Up to 1 hour | £50<br>Per Session |

## Train the trainer

In the Train the Trainer sessions we will train you to deliver the workshops to your staff for no additional ongoing cost. We can provide the initial materials and supervision to help you get started.

| Description  | Max Attendees   | Duration                      | Cost  |
|--|-----------------|-------------------------------|---|
| <b>Train the trainer</b><br>Includes materials and supervision within reason | Up to 15 people | Full day                      | £500<br>Discount available for 3 <sup>rd</sup> Sector |
| <b>Room Hire</b>   |                 | Hourly<br>Weekly<br>Long term | POA<br>Discount available for 3 <sup>rd</sup> Sector  |

## Training days and Workshops

We also offer training days and workshops that you can design to align with the needs of your business and staff.

Bespoke Training Days are the most popular choice, we will work with you to create a day that is designed around the needs of your business and staff. The overall cost of the day will include preparation and electronic copies of resources for staff. There may be access to online workshops following the delivery.

Bespoke Training Days can include Grief and Compassion Focussed Training or any combination of training from our Recovery College, Talk or Fitness Workshops.

Our workshops are designed to follow a 1 x 6 hour format and can be delivered in any combination from a full day with all 6 hours included to one hour a week over 6 weeks. The choice is yours.

The list below is an example of what we can offer, if you are interested in elements of the courses or a specific workshop, or don't see what you are looking for, please contact us to discuss your requirements.

**Assertiveness** – looking at what assertiveness is and what it isn't, exploring elements of assertive behaviours and seeking to improve confidence when assertiveness is needed.

**Body Image** – A confidence and self esteem course designed to improve self-awareness and relationships with others by looking at the different elements that affect how we see ourselves.

**Drawing and Talking** – learning to listen, being heard, promoting mindfulness and creativity through drawing and story-telling.

**Emotional resilience** – learning how to manage understand and manage your own resilience and increase understanding about the resilience of others. You will learn how wellbeing is affected and the positive changes that can be made to improve wellbeing.

**Low impact exercise** – Low impact exercises open to all abilities to help promote physical and mental wellbeing.

**Mind, Body and Therapeutic Wellbeing** – We would consult with you to create a group or 1:1 session that can include breathing and relaxation techniques, low impact exercise, mindfulness, qi gong, reiki, crystal healing, massage and other therapeutic wellbeing services.

**Managing Stress and Worry** – In these sessions you will be introduced to a variety of strategies for understanding and managing stress.

**Wellness Planning** – Based on Wellness Recovery Action Planning © by Dr Mary Ellen Copeland, these sessions provide you with a tool kit for keeping yourself well and a plan for identifying and managing triggers.

| Description  | Max Attendees   | Duration  | Cost |
|--|-----------------|-----------|------|
| <b>Bespoke Training Day*</b><br>Includes preparation and electronic copies of resources for staff. Inclusive of modules above/ bespoke workshop design for up to 1.5 hours | Up to 15 people | Full Day  | £800 |
| <b>Bespoke Workshop 1.5 hours with drop in</b>   | Up to 15 people | 1.5 hours | £350 |

|   |                 |                     |  |
|---|-----------------|---------------------|--|
| Includes preparation and electronic copies of resources for staff. Designed to meet specific needs of a workplace |                 |                     |  |
|   |                 |                     |  |
| <p><b>Full 6 session Workshop of above content</b><br/> Delivered in a way that meets your service needs</p>      | Up to 15 people | 6 sessions x 1 hour | £600<br>Up to 40% discount for 3 <sup>rd</sup> sector orgs |