Initial Consultation Explainer

Understanding your consultation with Gateway Psychology

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If you are seeing us for an initial consultation, we know that it is not always clear what ‘initial consultation’ means. This short guide is designed to help you understand what to expect and what the process has been to get to this point.

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Who is Gateway Psychology?

We are an independent private psychology company. We are contracted by Local Authorities, private individuals, insurance companies and other organisations to provide psychological services, including assessments and therapy.

We are not part of Social Services or the Local Authority.



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What is an initial consultation?



We offer initial consultations to those who would like to discuss their child/young person's difficulties with a highly qualified clinician.

The aim of these sessions is to get an understanding of the situation you, your family or your child/young person is facing.

It is also an opportunity for you to ask questions about our service and how we can help you. They typically last for 1.5 hours.

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What happens during an initial consultation?

We will meet with the parents/carers in the initial consultation. In the vast majority of cases your child or young person won't be present at this session.

We structure these sessions in this way because we find it is the most appropriate approach to understand your situation.

Without your child or young person present, we are able to discuss your concerns freely and provide advice accordingly.



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Will an initial consultation help my situation?

Initial consultations are not designed to 'fix the problem.'

While we may be able to provide very basic advice or techniques to assist in your difficulties –and this may indeed be all that is needed in some cases -it is simply not possible or clinically appropriate to provide in-depth support in this session.

However, initial consultations do help us identify the most suitable way forward.

We may recommend an assessment, therapeutic input or advise of other services to assist you.

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What happens after the initial consultation?

After we meet with you, we will suggest the most suitable way forward for you and your situation.

That could mean further therapeutic input or assessment at Gateway Psychology or we may direct you to another service.

If appropriate, we may also ask that you contact your Local Authority (for example, for an Adoption Support Fund application) before we undertake further work with you.



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How much do initial consultations cost?

We are a private psychology company and hence charge for our services. Our initial consultations cost £695.00

More specialist or complex therapies (e.g. full ASD assessment) may attract a higher fee and we will advise this if applicable. VAT is not applicable for this type of work.

Breakdown of costs	
Reading of documents	0.5 hours
Consultation	2 hours
Analysis and report	1.5 hours
Case management	0.5 hours
TOTAL	**4.5 hours**

Please note that payment is required 'up front' –before your session takes place.

We will issue you with an invoice, and you can pay by bank transfer or by card.

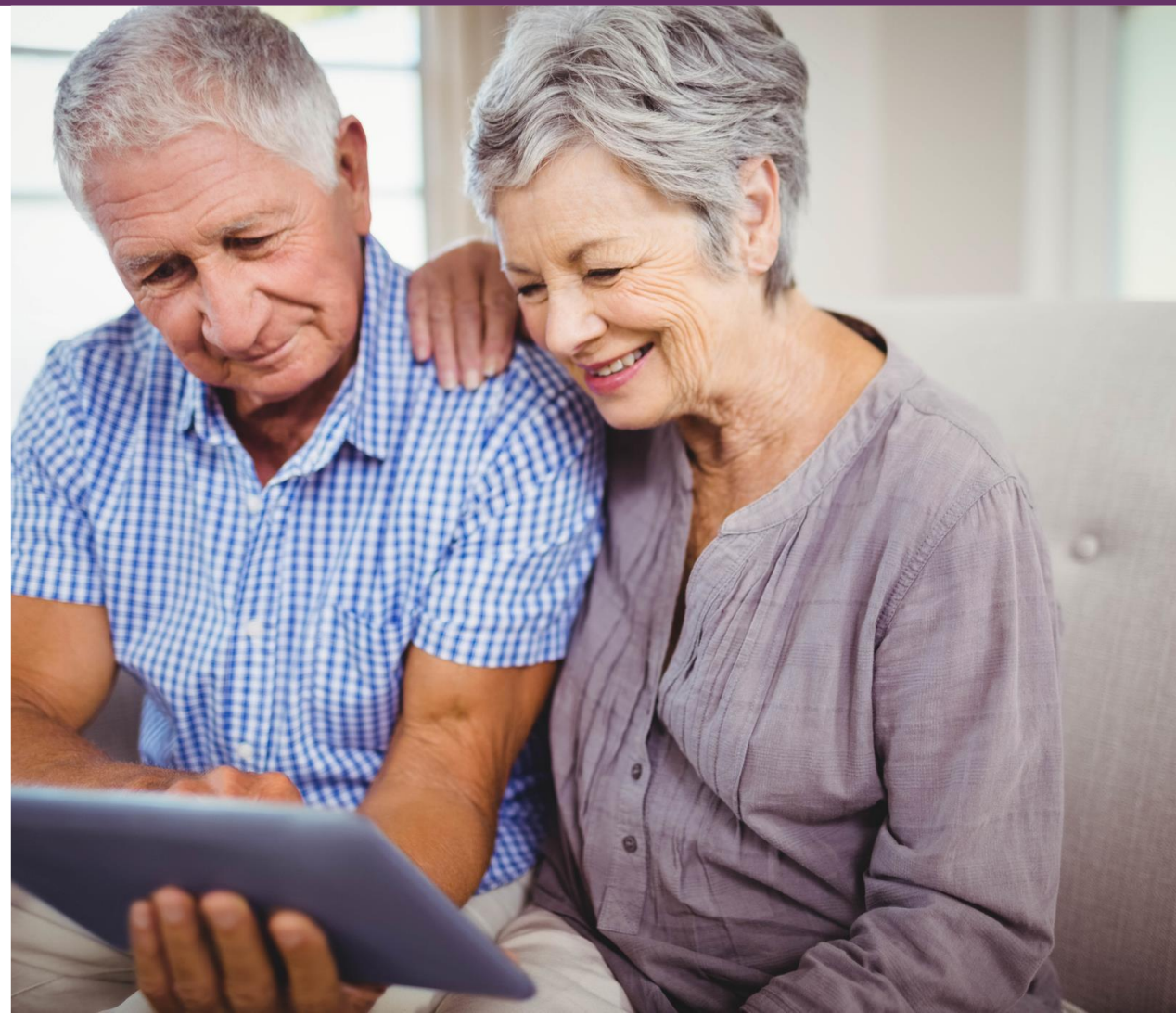
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What if I can’t attend the booked session?

Please remember that you need to cancel your session at least 24 hours before your appointment.

If you do not attend without notice or cancel within 24 hours, we will need to charge you. Please note that this applies to virtual appointments and face-to-face appointments.

Please see our terms and conditions and the Information Pack for more information.



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Most appointments will take place at our specialist therapeutic venue in Stoke-on-Trent.

We do not see clients in their home or elsewhere.

We may offer virtual sessions if required or appropriate for the assessment.



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Our contact information

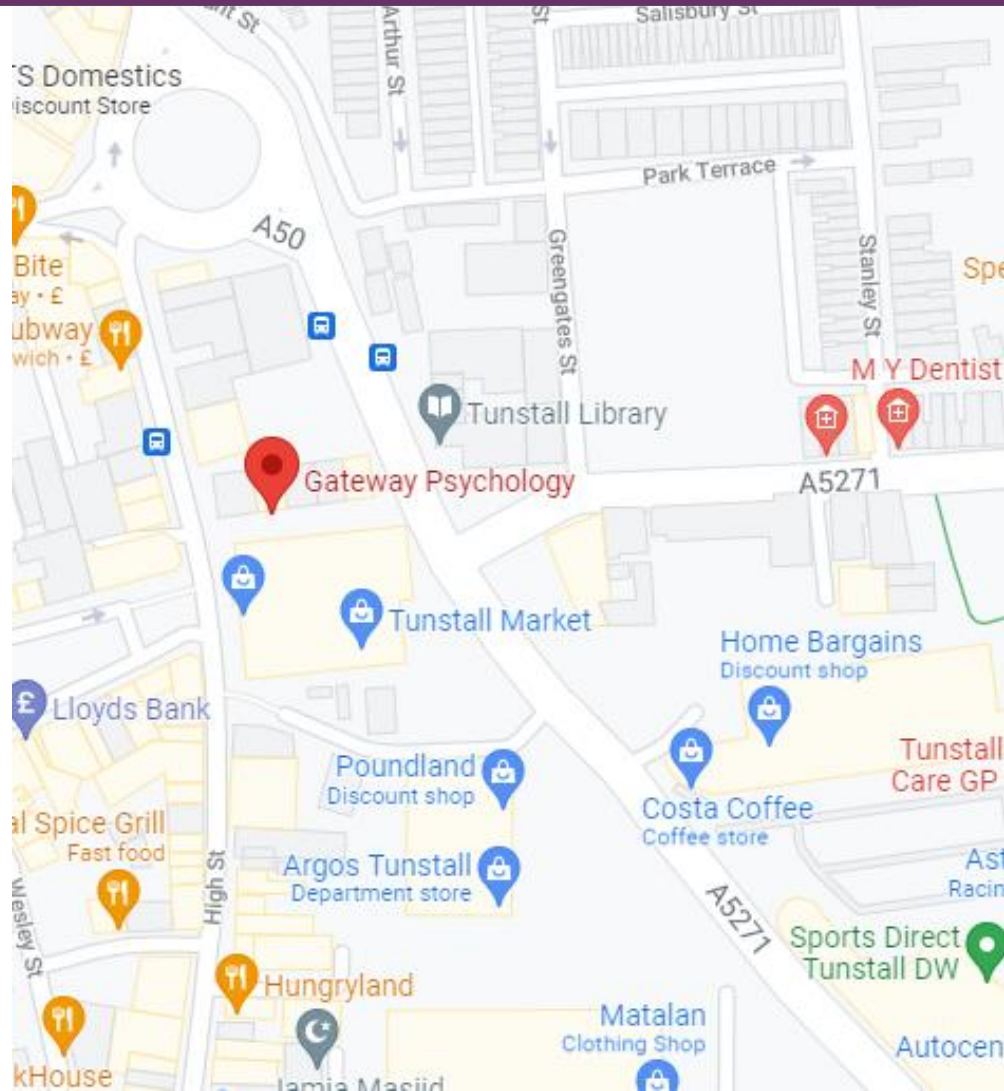
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