

Home visiting counselling service FAQ's

Will counselling at home suit my child?

That is entirely dependent upon your child. Some children find it easier to access and engage with support in the comfort and familiarity of their home environment, whereas others prefer keeping home separate and going elsewhere to meet a counsellor.

Which room would you use and do I need to prepare anything?

We can use whichever room you and your child feel to be suitable, with the exception of bedrooms. If there are others in the home, I do ask for a space where the child knows they will not be overheard or interrupted. You do not need to prepare anything (or clean the house!) before my visit.

Can a parent/carer stay with the child during counselling sessions?

If your child wants you to join them for some or all of our sessions, you are welcome to do so. If you are not involved with the sessions, I do ask that you stay in the house please.

Why do you only work with neurodivergent children (identified or suspected)?

There are many counsellors who are skilled in supporting neurotypical children, but far fewer with expertise in supporting neurodivergent children. I therefore choose to focus my time on providing the neuro-affirming approach which neurodivergent children deserve.

Do you support children with all kinds of neurodivergence?

Yes. I have particular experience and training around autism but am also happy to support children with any other neurodivergence.

Does my child need to have a diagnosis?

No. I realise how long it can take and how difficult it can be to get a diagnosis (if indeed you choose to seek one). If you think your child would benefit from seeing a counsellor with an understanding of neurodivergence, you are welcome to contact me. And if it emerges that your child is not neurodivergent, that's fine; I have plenty of training and experience with neurotypical children too!

What if my child struggles to meet with you?

I recognise that home needs to remain a safe space for your child so if they do not want me there, I will leave. However, if they want to engage but find it hard to do so, we can discuss how I can best support them with this. I understand it may take time; I will be guided by you and them and will be clear that there is no pressure.

What is your cancellation policy?

If you cancel the day before the appointment, no payment will be necessary. If you cancel on the day of the appointment, payment will usually be expected please. If your child is unable to access the session you are welcome to use the time with me yourself if that would be helpful.

What area do you cover?

I cover the BH1-BH18 postcodes. I can travel to surrounding areas for an additional fee for mileage.