

Fact Sheet : Accommodating your Preferences

My practice is neurodivergence-affirming and I welcome autistic clients. This fact sheet explains what you can expect from counselling and how I can accommodate your preferences, to provide you with a supportive and understanding environment.

What to expect

Counselling is a way to gain insight and awareness about yourself and your situation. I will help you to explore your thoughts and feelings but won't problem-solve or give advice.

Session format

Your counselling sessions will be in-person at the Practice Rooms but if you prefer to have online counselling sessions sometimes that is fine – just let me know and we can arrange this.

Structure

Each session will be 50 minutes long. At the start we will chat about how the week has gone for you, then we will use the rest of the session to talk about what is troubling you and focus on your thoughts and feelings.

In the last 5 minutes I will give a summary of what we have covered together and confirm the date of the next session.

Timings

You have booked to see me for 50 minutes but if this feels too long I can offer a shorter session.

I can be flexible to meet your needs so if you would prefer to have 2 shorter sessions during the week please let me know and I can arrange this.

We will plan your session to be at the same time and place each week, unless you want to change it.

Seating

Let me know how you would like to sit in the room. We can rearrange the cushions or I provide you with a beanbag to sit on to make you comfortable.

Lighting

I can adjust the lighting in the room to make it comfortable for you.

Noise

The Practice Rooms building is usually very quiet, but if you notice any noises which are uncomfortable for you we can try to eliminate these (such as a ticking clock!)

Sometimes there might be times when we are quiet – to allow time for thinking and processing, but if this feels uncomfortable please let me know.

Sensory aids

I provide a box of sensory aids which you can use in your session. You are also welcome to bring your own with you.

Communication

I will try to communicate with you using straightforward language, and may sometimes use a visual aid- like a diagram – to help share my ideas with you.

Support

If it would help you to feel comfortable whilst you get to know me, you can bring a support person with you to your first session.

Interests

Please let me know about your hobbies and interests. It helps me to get to know you, and we can chat about these sometimes if it helps you to feel comfortable.

Please let me know if you would like me to make any changes to the way I counsel you and I will try to accommodate your wishes.