



**JESSICA SHEPHERD
COUNSELLING**

What to Expect from Your 30-Minute Online Consultation

Jessica Shepherd Counselling

Before We Meet

Technical Setup:

- You'll receive a Zoom link via email 24 hours before our consultation
- Please test your camera and microphone beforehand
- Find a quiet, private space where you won't be interrupted
- Have a glass of water nearby and make yourself comfortable

No Preparation Required:

- There's no homework or forms to complete beforehand
- Just come as you are - this is your time to explore if counselling feels right

What Happens During Our 30 Minutes Together

Getting Comfortable (First 5 minutes):

- Brief introductions and technical check
- I'll explain how the consultation works
- You can ask any immediate questions about the process

Your Story & Current Situation (15-20 minutes):

- Share what's brought you to consider counselling right now
- Discuss what you're hoping to achieve or work on
- Talk about any previous therapy experiences (if relevant)
- I'll ask gentle questions to understand your needs better
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Practical Information (Final 5-10 minutes):

- Overview of how I work and my approach
- Discussion of session frequency, location options (online/ face-to-face in Herne Bay)
- Pricing: £45 per 50-minute session, or £350 for a 10-session package
- Next steps if you'd like to proceed

What This Consultation Is:

- ✓ A safe space to share what's on your mind without judgment
- ✓ An opportunity to see if we're a good fit to work together
- ✓ Completely free - no obligation to book further sessions
- ✓ Confidential - everything we discuss stays between us
- ✓ Your time - ask any questions about counselling, my approach, or practical matters

What This Consultation Isn't:

- ✗ A therapy session - we won't dive deep into therapeutic work
- ✗ Diagnostic - I won't be making any clinical assessments
- ✗ Pressured - there's no expectation to book sessions immediately
- ✗ Rushed - we'll take the full 30 minutes if you need it

Common Questions People Ask

- **"What if I get emotional during the consultation?"**

That's completely normal and okay. I'll support you through any feelings that come up, and we can pause or slow down anytime you need.

- **"What if I'm not sure counselling is right for me?"**

Perfect - that's exactly what this consultation is for! We'll explore this together, and there's no pressure either way.

- **"Can I ask about your qualifications and experience?"**

Absolutely! I'm happy to discuss my training (DIP.COUNS MBACP), ADHD specialisation, and experience working with teens and adults.

- **"What happens if we're not a good match?"**

I can suggest other therapists or approaches that might suit you better. Finding the right fit is crucial for successful therapy.

After Our Consultation

If You'd Like to Proceed

- I'll send a follow-up email within 24 hours
- You'll receive online forms to complete via Zanda (my booking system)
- We'll schedule your first session at a time that works for you
- You'll get clear directions if choosing face-to-face sessions in Herne Bay

If You Need Time to Think

- No pressure at all - take all the time you need
- You can contact me anytime if questions come up later
- The door remains open whenever you're ready

If We're Not the Right Match

- I'll provide recommendations for other therapists or resources
- You're welcome to contact me in future if your needs change

My Approach - What You Can Expect

I work in a person-centred way, which means:

- You lead the conversation and set the pace
- I won't give advice or tell you what to do
- We'll work collaboratively to understand your experiences
- I specialise in supporting neurodivergent individuals, particularly those with ADHD
- Sessions are typically weekly, though we can adjust frequency as needed

Practical Details

- Duration: 30 minutes maximum
- Cost: Completely free
- Platform: Zoom (link provided via email)
- Follow-up: Email within 24 hours
- Booking: No commitment required

Questions to Consider (Optional):

If it helps, you might think about:

- What's prompted you to consider counselling now?
- What would you like to be different in your life?
- Any concerns or questions about the counselling process?
- Preference for online vs face-to-face sessions?

Remember - there are no right or wrong answers, and you don't need to prepare anything specific.

Contact Information

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Website: www.jessicashepherdcounselling.com



Face-to-face sessions: Herne Bay, Kent



Online sessions: UK & Ireland

This consultation is your opportunity to explore counselling in a relaxed, no-pressure environment. I look forward to meeting you and learning how I might be able to support your journey. - Jess :)