

# PSYCHOTHERAPY SERVICES

## — OUR PRICING PLANS



Our passionate team are here to work with you and your unique eating disorder behaviours. Led by you, our therapists will help you identify your needs and goals to better help you in managing your relationship with food, body image and exercise (where appropriate.)

### TIER ONE

You'll work with one of our passionate student therapists who are working towards their qualification whilst on placement with First Steps ED.

- Student placements with up to 100 client hours
- Up-to-date CPD training
- Up to 12 sessions
- Receive digital 'Mental Health Management' document

**£25 / SESSION**

### TIER TWO

You'll be paired a qualified therapist with some experience working with eating disorder presentations.

- Delivered online, with some availability face-to-face
- Qualified therapist with 100+ client hours, working towards an accreditation with a governing body and/or Masters in the field
- Up-to-date CPD training
- Unlimited sessions (discuss with your therapist)

**£45 / SESSION**

### TIER THREE

As with 'Tier Two' but with considerable experience working with a wide range of eating disorder presentations and comorbidities.

- Delivered online, with some availability face-to-face
- Qualified therapist with 450+ client hours with an accreditation and/or Masters in the field
- A therapist with experience working with eating disorder presentations, with up-to-date relevant CPD training

**£60 / SESSION**

### TIER FOUR

You'll work with one of our qualified therapists, accredited with a recognised psychotherapy governing body with over 450 hours client hours.

- Delivered online, with some availability face-to-face
- Qualified therapist with more than 450 client hours and a recognised psychotherapy accreditation and Masters in the field
- A therapist with experience working with eating disorder presentations, with up-to-date relevant CPD training

**£70 / SESSION**

Sessions are available at a time convenient to you to ensure our therapy appointments work around your routine, without interfering with your daily life. If you choose to work with one of our Tier Two, Three or Four therapists, you can also have free access to our four-week psycho-education workshops and receive our digital 'Mental Health Management' document as part of your recommended step-down care package.