



# NeuroTribe UK<sup>®</sup>

## Inclusive Psychotherapy

**Registered Office Address: 12-14 High Street, Caterham, England CR3 5UA**

### **Information about requests for bi-weekly or monthly sessions**

Neurotribe UK typically requires an initial commitment of eight to twelve weeks of weekly sessions. This approach aligns with psychodynamic therapeutic modalities, which emphasize the importance of regularity and consistency in therapy. Starting with weekly sessions allows for a stronger therapeutic relationship and facilitates deeper exploration of client concerns.

Weekly sessions are particularly beneficial in an online therapy setting, as they create a safe, consistent environment that promotes significant progress and deeper understanding. After the initial eight to twelve weeks, we anticipate that the therapeutic bond will be well-established, and at that point, therapist and client can discuss the possibility of transitioning to bi-weekly or monthly (in exceptional circumstances) if appropriate.

We emphasize that this should be primarily a clinical decision based on the specific issues being addressed in the therapeutic work at the time. However, we are also deeply mindful of the needs of our neurodiverse client base and remain sympathetic to any financial constraints they may encounter. Our goal is to provide support that is both effective and accessible.

We recognize that committing to therapy can feel daunting, both in terms of time and finances. However, engaging in psychotherapy can be one of the most transformative steps toward enhancing well-being.

If clients feel they are unable to commit to the minimum of eight initial weekly sessions, we encourage them to explore other options that may better align with their preferences and needs. We understand that everyone's journey is unique, and we want to ensure they find the support that works best for them.