



Employee Assisted Counselling and Psychotherapy Services for Organisations

The Rock Clinic provides organisational employees access to an assessment and pre-agreed number of counselling sessions authorized by a named representative from their place of work. The employee service offers short-term focused therapy at our Accredited level with a fixed cost of £48 per session. Accredited Therapists are those holding current registration and accreditation with one of the approved Counselling and Psychotherapy Professional Bodies. Accredited Therapists continue to enhance their practice as part of professional development and are able to offer a wider range of therapeutic experience on a short-term basis. Available modalities are Psychodynamic, CBT and Integrative therapy.

Generally, we offer a 6-session model with an additional 30-minute assessment interview for all clients to enable allocation to a suitable therapist. For organisations, the assessment is fast-tracked and arranged directly with the employee at a time of their convenience, before allocation to a therapist. Please note this is a confidential service where no details of what is discussed are disclosed to the employer.

Assessments takes place during office hours with our Clinical Director to discuss the employee's current concerns and the most appropriate therapy option. Therapy, however, is available at our Clinics between 9.00am – 8.00 pm weekdays and 9.00 – 5.00pm on Saturdays. Availability is dependent on client timetable and therapist suitability.

The total cost of assessment and 6-sessions of counselling is £320. Additional sessions (or further blocks of sessions) can be arranged by prior agreement at a cost of £48 per session. Invoicing is sent directly to the organisation at the end of therapy.

For employees: please book your assessment directly with our office by calling either: 01273 621841 Rock East or 01273 326826 Rock West.

For employers: Please email east@rockclinic.org.uk to arrange a time to discuss your requirements or request further details

Rock Clinic East, 270 Eastern Road, Brighton. BN2 5TA 01273 621 841
Rock Clinic West, 8 Western Street, Brighton. BN1 2PG 01273 326826
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