

Michelle Blake (MBACP)

BA (Hons), PG. Cert Autism, PG. Cert ADHD

Certificate in Existential Coaching

theneurodivergentcounsellor@gmail.com



THERAPEUTIC COACHING CONTRACT:

All coaches who are registered members of the BACP are also qualified counsellors and work under the umbrella term of therapeutic coaching. Therapeutic coaching therefore allows me to use an integration of both person centred counselling and existential coaching, drawing on both holistic and existential approaches during our work together.

NEURODIVERGENT INFORMED AND TRAUMA INFORMED THERAPY:

My counselling qualifications and existential coaching training, combined with my lived experience and professional training in neurodevelopmental conditions allows me to create both a neurodivergent and trauma informed safe space during our sessions. This means I can safely work at the depth you may require to explore any underlying causes of the difficulties you are experiencing or any trauma that may surface as a result of our work together.

The collaborative process of coaching can then allow us to focus on creating individualised sessions best suited to your needs. Therapeutic coaching can also support an increased understanding and awareness of the theory around potential neurodivergence, empowering you to access areas of your life that are currently difficult as well as becoming your own best advocate.

SPECIALISED STRENGTHS-BASED SUPPORT SESSIONS:

I offer specialised strengths-based support for recently diagnosed and self-identified young people/adults from around the world as part of a global network of autistic, ADHD and otherwise neurodivergent professionals. Strengths-based support is a collaborative, positive approach that helps uncover your strengths and support your challenges.

I am neurodivergent affirmative, trans, and LGBTQI+ inclusive. I offer in-person or an online platform for sessions and am sensory-sensitive. I want you to feel at ease during our time together, so please feel free to wear sunglasses to our session, have dimmed lights, and camera off, or communicate via the chat option to accommodate your own needs. As each person is unique, I will create a bespoke program of sessions that works for you.

LIMITATIONS:

My goal is to support you to adapt your life to better fit your neurology but it's important to acknowledge that I am not medically trained. My role in our working relationship is to share my knowledge and expertise around my lived experience and my training, the responsibility for taking action and applying what you learn is yours.

SESSIONS:

Sessions usually last between 1 – 2 hours and can take place remotely or in person, during a time and day that is agreeable to both of us. The sessions will be on a 1:1 basis unless otherwise agreed and after 6 sessions a review will take place. During the review, we will collaboratively agree on whether you feel any further sessions are needed or if a change of focus is required.

All sessions are booked via my online booking system using the following link.

<https://the-neurodivergent-counsellor.uk2.cliniko.com/bookings#service>

If you have any difficulties accessing the online system or require support in booking your sessions in this way please do not hesitate to contact me via email and I will happily assist you with this.

COMMITMENTS:

Our commitment to working together requires us to be punctual and inform each other if we need to cancel a session.

FEES & CANCELLATION:

My fees are as follows:

£75 per hour session for individuals or 1 parent + 1 child (block of 10 weekly sessions = £650)

£90 per hour session for couples (block of 10 sessions = £810)

£100 per hour session for a family of 4 (block of 10 sessions = £900)

All fees are payable within 48 hours.

Access to work sessions are charged at a standard rate of £80 an hour

Full payment will be required for any sessions cancelled less than 24 hours before the session is due to begin. If you are unable to make your session due to unforeseen circumstances such as medical emergencies, then please contact me as I am happy to discuss cancellation charges for these circumstances

CONFIDENTIALITY:

The contents of the sessions will remain confidential except in circumstances where information sharing would be necessary. If you require further information regarding exceptions to confidentiality these can be discussed in further detail during your Initial Consultation session.

ETHICS:

I work within the boundaries of the BACP's ethical framework and am happy to discuss this framework and provide you with details if you wish to access them

PRIVACY POLICY:

Full details of my privacy policy can be found on my website via www.theneurodivergentcounsellor.co.uk