

Information Pack for Face to Face Counselling Clients

Dr Jim Byrne FISPC

Hebden Bridge
and Worldwide

Emotive Cognitive Embodied Narrative
Therapist (E-CENT)

ABC COACHING AND COUNSELLING SERVICES

Email: jim.byrne@abc-counselling.com

Telephone: 01422 843 629

General Information Concerning Dr Jim Byrne's Counselling and Therapy Services

(Updated July 13th 2019)

1. Introduction



I am now in my twenty-first year in private practice as a counsellor/coach/psychotherapist, in Hebden Bridge.

Over the past twenty years and more, I have helped more than 1,000 individuals (including many couples) to overcome serious problems of anxiety, panic, depression, stress, relationship and attachment problems; plus problems with self-confidence, anger

management issues, and many other issues.

This information pack is designed for individuals and/ or couples who wish to consult me in Hebden Bridge, for face to face counselling and psychotherapy, from 1st August 2019 onwards, until further notice.

If you live further afield, then you might wish to consult me by telephone; by email, or via Skype. ([See the Telephone, email and Skype counselling page for details](#)).***

Here is the url: <https://abc-counselling.org/counselling-via-telephone-email-skype/>

This pack includes the following elements:

- Information about Jim Byrne;
- Information about my availability;
- Information about my fees.
- Information about the nature and benefits of counselling; and the nature of Emotive-Cognitive Embodied Narrative Therapy (E-CENT).

In addition, this pack contains the basic information you might require to aid your decision-making, as follows:

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## 2. NOTICE OF FEES FOR FACE-TO-FACE COUNSELLING CLIENTS

(From August 2019)



For new clients, commencing on or after 1<sup>st</sup> August 2019,

I will be charging

*a standard fee £80.00 per session, for daytime sessions of 45 minutes duration.*

Those **daytime** appointments are available on Wednesday to Friday of each week.

If you want an **evening** or **weekend** appointment, the standard fee *will in future be £100.00 per 45 minute session.*

*Fees must be paid at the end of each session.* I accept cash, or EFT (electronic funds transfer, including Internet banking or PayPal).

I still offer just four appointment slots per day – 10.00am, 11.00am; 2.00pm, and 3.00pm; for three days per week (Wednesday to Friday). This helps to ensure that I am in tip-top condition, physically and mentally, when I see you.

**On alternate Saturdays** I offer two appointment slots – at 11.00am and 2.00pm.

**And one evening per week**, I offer a late session – normally at 7.30 pm until 8.15 pm.

I therefore offer a total of 13 appointment slots during a normal working week; plus four Saturday slots per month.

Since many of those slots are routinely booked up, in advance, it is advisable to let me know *as soon as possible* if you would like one of the remaining slots.

For couples therapy work, I see individual partners for the fees shown above; and when I see the couple together, I strongly recommend double sessions, as the time flies. And for those double sessions, the fees are as above, times two.

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Please contact:

Jim Byrne, Doctor of Counselling:

01422 843 629

jim.byrne@abc-counselling.com

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3. TRAVEL TO HEBDEN BRIDGE

By Road from: Leeds Airport: 1 hour; Leeds: 1 hour; Bradford: 35 mins; Halifax: 20 mins; Manchester: 45 mins.

Maps and route planner: You can find a map of the Hebden Bridge location here: [Map of Keighley Road, Hebden Bridge.***](#)

By Train from: Manchester: 35-40 mins; Leeds: 1 hour; Bradford: 25 mins; Halifax: 10 mins.

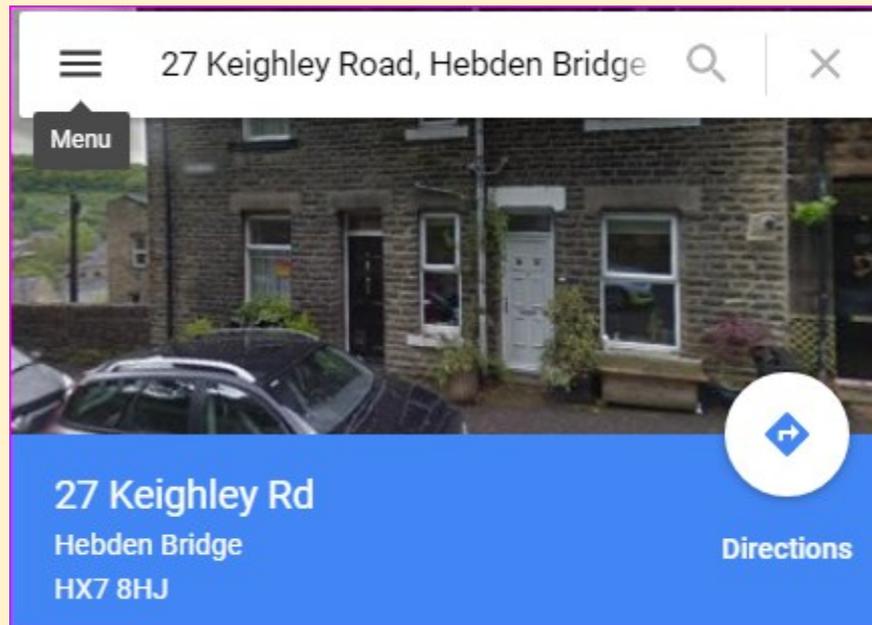
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#### **Directions to Dr Jim Byrne's home/base in Hebden Bridge**

Here is **the simplest guideline** for finding my home/office:

Search on Google or Bing Maps for [27 Keighley Road, Hebden Bridge HX7 8HJ](#)

It's the black door on the left - (the end terrace) - in this Google Maps photo:



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Here is **the second simplest guideline** for finding my home/office:

Drive up Keighley Road until you come to the traffic lights just before the turn-off for Windsor Road/Unity Street. **Do NOT turn left!**

As you **drive past** the front door of the *Nutclough Tavern*, which will be on your right, look at the houses on your left and you will notice the numbers, **33 to 49 Nutclough**. As you drive past number 49 Nutclough, look for a parking spot. My house is the very next house – the first house on the next block on the left. It's officially 27 Wood End – but Google Maps have it down as 27 Keighley Road. (Not my fault!)

(If you are walking, imagine you are driving in the illustration above!)

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Apologies for the confusion...

If you get lost, please call me on 01422 843 629.

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If you are travelling by bus, the buses which pass my front door include the B3. They can be caught in the centre of Hebden Bridge, near the library. Ask for the stop after the *Nutclough Tavern*; get off at that stop and walk back down the block about 14 or 15 houses, to 27 Wood End. (As mentioned above, the block is numbered out of sequence, so you will begin at 25, and come all the way down to number 1, then there's 29, and then 27).

You could also walk to my house from the centre of Hebden Bridge in about ten minutes!

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Sorry it's so confusing.

Hope you find me okay.

Sincerely,

Jim

Dr Jim Byrne

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4. Attendance:

You may wish to attend weekly, fortnightly or monthly, for 45 minutes at a time. My recommendation would be one 45 minute session of face to face contact each week, but many people are subject to economic constraints which could reduce that to fortnightly or even monthly sessions.

{For couples, I now recommend a three-session structure as follows: Partner 'A' attends the first session alone (for 45 minutes, at £80 per session); Partner 'B' attends the second session alone (for 45 minutes [£80.00]); and then both partners attend session 3 together (for 90 minutes – a double session, at a fee of £160). If necessary, a second series of three sessions, following the same structure, can be entered into}.

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#### **5. Number of sessions:**

I have found in practice that most clients need at least three or four sessions (each lasting 45 minutes) to overcome a single problem; though this could take longer.

Clients with multiple problems could take at least six, eight or ten sessions; and sometimes much more than that. (I had one client who attended more than 50 sessions over the course of one year. And one who has been attending – sometimes weekly, or fortnightly, or monthly, for more than five years. However, that is highly unusual; and the more usual number of sessions is between three and six; while some clients stay on for ten or fifteen sessions).

Ultimately, the number of sessions you attend is open-ended, and entirely up to you. The fundamental questions seem to run from: *How strong is my desire*

*for relief from emotional suffering? Up to: Just how much personal development can I afford at this point in time?*

The more Emotive-Cognitive Embodied Narrative Therapy (E-CENT) sessions you have, according to the research evidence, the better the results you will gain.

I am here to help you, according to your goals and budget.

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6. Length of sessions, and late arrival:

I will make myself available for the full 45 minutes that we agree on.

If you arrive late, you will be missing out on some amount of our time together. I don't run over at the end of sessions to make up for late arrival (most obviously because I normally have another client arriving soon, and I need to prepare for them! I also need some refreshment time and turn-around time before my next client arrives).

My commitment is to provide up to 45 minutes of session time. However, to repeat, the session begins at the appointed time - not when the client arrives.

Clients pay for the amount of time booked - not the amount attended. (One complication I have found with booking time is this. I sometimes help clients with a *Cutting the Ties that Bind* process, which can vary in length; and some clients may have some additional issues they want to address before we begin the *Cutting the Ties* process. Sometimes this can run to two or three times the 45 minutes originally envisioned; so if you want to *Cut the Ties* with me in the future, then we will have to agree that we *put on the clock to record the total time used*, and you pay for the **total time used**, not the time anticipated!!!)

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## **7. Homework assignments:**

If you see me for approximately 45 minutes each week, that is less than one out of 168 hours, which is a very small fraction. (And you may even see me for much less than this amount of time, if you do not attend weekly!) For serious therapeutic benefit, it is important to spend between 30 and 60 minutes of each day, in the time between our meetings, thinking/writing about the ground we've covered. Sometimes I will send you handouts, and sometimes recommend a book or two; or I might refer you to a video clip online; and it is important that you work at reading or engaging with that material, or applying some aspect of the philosophy that I will (sometimes) be

teaching you; or reflecting upon your own learning from our encounters. This 'between-session-work' I call *Homework Assignments*. This is an important part of our contract, and I may ask you to update me on your progress in this area. (You would not expect to develop your muscles by sitting on the sofa and wishing for change. It's the same with emotive-cognitive-behavioural development).

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8. Fee payment:

Fees must be paid in cash (or by electronic funds transfer) at the end of each session, before you leave the building.

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### **9. Cancellation policy:**

Once an appointment has been made, I will require two full days' notice of your intention to cancel. If I receive less than two full days' notice, I will expect you to pay your fee for the missed session. To cancel an appointment, please telephone 01422 843 629, and tell me directly, or leave a message on my answer-phone, giving two days clear notice. Or email me at [jim.byrne@abc-counselling.com](mailto:jim.byrne@abc-counselling.com).

If you fail to turn up for an appointment, and you have not informed me, then I will charge you the full fee, as that time is set aside for you, and cannot be used for another client.

(If I ever fail to attend one of our sessions - which could only be due to a very serious emergency or an unusual breakdown of communication - I will give you your next session free of charge as recompense).

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10. Booking a session:

If, having read this information pack, you decide you'd like to book a session of Emotive-Cognitive Embodied Narrative Therapy (E-CENT) with me, then please phone me on:

01422 843 629;

Or email me at:

jim.byrne@abc-counselling.com

This document is the basis of our contract.

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Looking forward to hearing from you, and meeting you.

Yours sincerely,

Dr Jim Byrne, FISPC

**Doctor of Counselling, Emotive-Cognitive Embodied Narrative Therapist (E-CENT). Fellow of the International Society of Professional Counsellors**

13<sup>th</sup> July 2018

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11. CODE OF ETHICS

I subscribe to two codes of ethics - that of the International Society of Professional Counsellors (ISPC), and that of Counselling (CCC). I am also subject to the Complaints Procedures of ISPC and Counselling CCC.

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If you have any questions about fees or fee payment, please phone me on **01422 843 629**,

Or email me at [jim.byrne@abc-counselling.com](mailto:jim.byrne@abc-counselling.com)

Thank you for your attention, and I wish you well!

Dr Jim Byrne, FISPC

**Doctor of Counselling,  
Fellow of the International Society of Professional Counsellors  
ABC COACHING AND COUNSELLING SERVICES  
01422 843 629**

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Website: <https://abc-counselling.org>

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13. ADDITIONAL INFORMATION

Who is Dr Jim Byrne?

Jim Byrne came to Hebden Bridge from Thailand in January 1979. After a career in non-formal adult education, he diversified into coaching, and then into counselling and psychotherapy. He has a doctoral degree in counselling from the University of Manchester, a broad-based diploma in integrative counselling psychology and psychotherapy, and he is a Licensed Fellow of the International Society of Professional Counsellors (FISPC). He was originally trained as a Rational Emotive Behaviour Therapist (REBT/CBT) by Dr Al Raitt, at the Institute for REBT, Bristol; but he has since broken from that tradition, and is now wholly integrative/holistic, with a primary focus upon emotions and affects, rather than the CBT/REBT emphasis upon thinking; and he considers that diet, exercise and sleep are important factors in mental health and emotional wellbeing.

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#### **What services does he offer?**

Jim offers counselling, coaching and psychotherapy for anger, anxiety, depression, stress, couple conflict, attachment problems, and confidence coaching. He does this in Hebden Bridge – and all over the world via telephone, Skype and email.

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What is counselling anyway?

Counselling and therapy are often called “the talking cure”. If you come to see me for counselling, we will talk about how you feel; what is going wrong in your life; what you want to achieve; which former experiences are troubling you; what you want to change or improve; and so on.

I will help you to understand yourself and your problem more clearly; act as a secure base for you; help you to ‘feel felt’ – or emotionally understood; suggest things you can change, in your thinking, your lifestyle, or in your relationships; help you develop new skills; and help you to accept or change the things that are affecting you negatively.

Counselling is sometimes defined as a process of being with a person in distress or difficulty, which offers both an *empowering relationship* and an *educational encounter*. It involves listening to the client; clarifying their problem(s) or issue(s); offering insights and models to help the client's thinking; offering support for the client's emotional distress or difficulty; and supporting the client through change or suffering. Out of this can come

changes in your Attachment Style (more secure), and Personality Adaptations (more functional); and your body-mind health improves.

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### **How can counselling help people?**

Counselling can help in a number of different ways: with emotional functioning; behavioural functioning; relationship management and communication; goal setting and pursuit; refining problems; identifying solutions; promoting efficient and effective actions; and so on.

Outcomes can include that the client...:

1. ...thinks more clearly, or to better effect;
2. ...manages their emotions better, in that they no longer over-emote, nor under-emote, relative to their environmental situations;
3. ...behaves more effectively at home and at work;
4. ...feels happier; more alive; more integrated; more in control; more goal oriented; and so on.
5. ...and manages their lifestyle more effectively for health and happiness.

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What kind of Counselling does Jim Offer?

Emotive-Cognitive Embodied Narrative Therapy (E-CENT) is a system of counselling, therapy and coaching which integrates the moderate stoical elements which can be found in the original form of CBT – which is called Rational Emotive Behaviour Therapy (REBT) – with Transactional Analysis (TA), Attachment theory, Affect Regulation theory, moderate Buddhist and moderate Stoic philosophy, moral philosophy, Object Relations theory, and several other emotive, cognitive, narrative and psychodynamic therapies. And also lifestyle coaching and counselling.

(For more information on this topic, please go here: <https://abc-counselling.org/what-is-e-cent/>).

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### **What kind of specialisms does he offer?**

In addition to his general counselling service, which helps lots of people with **depression** and **anxiety**, **panic** and so on, Jim offers the following specialisms:

- \* [Anger management](#)
- \* Stress management
- \* [Couples therapy](#)
- \* Confidence coaching
- \* Attachment therapy
- \* Lifestyle coaching (which includes consideration of diet, exercise, relaxation, meditation, work/life balance, time management, and so on).

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What other services does he offer? Jim also offers:

- * Supervision services for Integrative counsellors and therapists, and other kinds of counsellors and psychotherapists;
- * Authorship coaching;
- * Training courses for counsellors and other kinds of carers and support workers; and for members of the public;
- * Information and support with: Counselling theory; Philosophy of life; Happiness coaching; and Counselling for health.
- * [E-books and paperbacks](#) for personal and professional development, and self-help, linked to philosophy, psychology, psychotherapy and counselling.

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**What kinds of people attend his counselling services?**

Over a period of more than twenty years, he has helped more than 1,000 people, roughly 50:50 males to females; including dozens of couples; with a broad range of different kinds of issues and problems.

Those people who come to see him tend to have...

1. ...emotional problems; such as: anger, anxiety or depression, lack of confidence, low self-esteem, stress, couple conflict, etc.
2. ...behavioural problems; such as: procrastination, passive-aggressive behavioural mode, reactivity, lack of proactivity, lack of self-discipline, avoidance, submissiveness, domination, ignoring problems, escape into alcohol or drugs, and so on.

3. ...relationship problems; such as: unhappiness; growing incompatibility; verbal conflict; lack of intimacy; insecure attachment style; conflict around personality adaptations; communication skills deficits; refusal to take responsibility; absence; coldness; judgementalism; sexual misconduct or sexual dissatisfaction; and so on.

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What do people get from these services?

More than 85% of my clients experience my service as very good or excellent; and report achieving the result for which they came to see me. Another 10% do not provide any feedback on their experience. And, in a very small number of cases - very, very rarely - an individual may find that they are not benefiting from working with me, or with E-CENT theory, and in such cases I recommend that they try another counsellor, who may be better able to help. (This has not happened even once in the past nine years or more!)

However, it is important to note that the vast majority of people who come to see me, and to work on their problems with me, achieve dramatic results, and find that they quickly, and durably, get over their emotional, behavioural and relationship disturbances. As long as they keep reviewing the work we did together, they can continue to help themselves for a lifetime.

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### **14. Assessments**

In individual counselling, I mainly use *informal* methods of assessment, as I believe the client knows best how to find his or her own way through their own problems. I never use psychiatric assessment terms, such as those used in the DSM-5.

However, I am increasingly inclined to use a range of assessments in my work with couples; as follows:

**From the summer of 2018:** There will also be a new emphasis in my revised process upon asking you to complete questionnaires, so I can quickly and reliably come to understand:

(a) Your *attachment styles*: (Please go to [this web portal](#), and take Survey Option A. It would help if you could then *inform me of your attachment style*, and that of your partner).

(b) Your *Personality Adaptations*: (Please go to the the Southeast Institute website, and click to buy [for US \$10.00] one use of [the Joines Personality Adaptation Questionnaire](#). It would be helpful if you would then send your results to me before we meet).

(b) An *assertiveness* questionnaire: (Please go to [this website to download an assertiveness questionnaire](#). Read the 60 statements and tick the box that applies to your normal way of being. Then *fill in the mark sheet* to determine your style of relating to others. It would be helpful if you sent your results to me before we meet. It would also help to know your partner's style of relating, using the same questionnaire).

(c) Your *conflict resolution styles*: (Please go to the [Conflict Styles Questionnaire blog post](#) on this website. Download the quiz, fill in the table, use the mark sheet to figure out your personal conflict style, which can, of course, be changed [over time, with some effort] if you don't like it! And again, it would help if you let me know your conflict style before we meet).

(d) Your *emotional needs* profile;

(e) The *experiences* that went into shaping your 'Inner Couple';

(f) And anything else that seems to be needed, or potentially helpful.

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With individual clients, it would be helpful to know the results of some or all of those assessment instruments listed above for couple's therapy. However, I intend to leave it up to each individual to decide whether or not to participate in any such assessments.

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Through our therapeutic conversations together, you will get feedback on your problems and how you are managing them, and what you might need to change. You will also learn to relate differently from the way you related to your original attachment figures (mother and father, etc.) And I may suggest some lifestyle management changes (including improvements to diet and physical exercise; sleep patterns, etc.).

This inevitably involves some degree of informal assessment of your current levels of skill and ability in certain areas of functioning in your daily life. Most of my clients find that this is sufficient information for them to be able to make the changes that they need to make. Almost nobody (perhaps 1%) asks me for additional, more formal assessments.

The important thing is this: Through our work together, your brain-mind-heart will *automatically* rewire itself for a different kind of future!

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I hope you find this information pack helpful and useful, and if you need any further information, please do contact me.

Sincerely,

Jim Byrne

Doctor of Counselling, and Fellow of the International Society of Professional Counsellors (FISPC)

ABC Coaching and Counselling Services

Telephone: **01422 843 629**

Email: drjwbyrne@gmail.com

Website: <https://abc-counselling.org>

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13<sup>th</sup> July 2019

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