



THIRD-WAVE  
EMPLOYEE SUPPORT  
SERVICE



THIRD WAVE  
PSYCHOLOGIST



# Employee Support Service

Our Third-Wave Employee Support Service (TESS) offers a range of services and packages that are designed to meet the wellbeing and developmental needs of diverse workforces across the UK. Services are flexible and tailored to the needs of organisations from different sectors, providing your employees with responsive staff wellbeing support. The services offered within our TESS programme include:

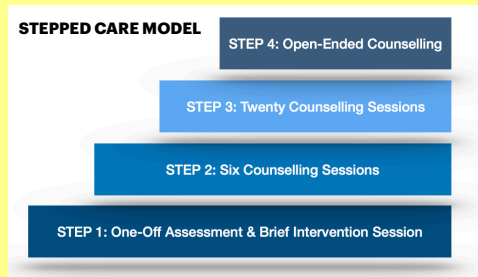
- **Employee Counselling Sessions**
- **Wellbeing Workshops**
- **Clinical Supervision**
- **Reflective Practice Spaces**

## Employee Counselling Service

Our Employee Counselling Service provides your workforce with access to a caring and compassionate psychology and counselling service. Employees are able to access one-to-one counselling sessions within a safe and confidential space.

Counselling sessions are offered within a 'stepped-care' model, ensuring employees access the level of support they need. This enables your business to contract the level of support required dependent on your organisational and workforce needs, thus ensuring support is tailored, responsive and cost-effective.

Many employees benefit from a one-off session, with the majority benefiting from six sessions. A very small number of employees may require ongoing support. As a business you are in control of the number of sessions that you contract for your employees. Beyond this, there is an option for employees to continue to fund their own sessions.



## Wellbeing Workshops

Our Wellbeing Workshops facilitate the development of self-care strategies through a mixture of educational and skills-based components. Delivered through an online platform, the workshops teach self-management tools to cope with a range of psychological and physical issues:

- \* **Stress Management**
- \* **Anxiety Management**
- \* **Low Mood Management**
- \* **Living Well with Long-Term Physical Health Conditions**

The Wellbeing Workshops are available to book as a four week programme or as a one-off session.



## Reflective Practice Space

Our reflective practice sessions provide a space for the workforce to process, learn from and de-brief following workplace experiences and incidents such as conflict at work, pandemic anxiety, the death of a colleague and other serious or traumatic events. Reflective practice sessions can be scheduled on an ad-hoc or regular basis.

## Clinical Supervision Sessions

Clinical supervision is an essential requirement for many clinical professions such as counsellors, therapists and psychologists. Supervision sessions are tailored to the needs of the clinician(s), and typically encompass case management, reflective practice and skills development components. Supervision sessions are available on a one-to-one or group basis and can be scheduled regularly or on an ad-hoc basis.

**All of the services and packages outlined are delivered through our secure virtual appointments system Clinix. Appointments are available morning, afternoon and evening, ensuring a flexible and responsive service. If you wish to discuss a bespoke package for your business or organisation please do get in touch.**



# TESS Price List

## EMPLOYEE COUNSELLING SERVICE

<b>1:1 Counselling Session</b> (pay as you go option)	£65.00
<b>Block Booking of 6 Sessions</b>	£350.00
<b>Block Booking of 20 Sessions</b>	£1200.00

## WELLBEING WORKSHOPS

<b>One-Off Session</b> (4 hours)	£400.00
<b>4 Week Course</b> (4 weekly 2 hour sessions)	£800.00

## REFLECTIVE PRACTICE

<b>Group Session</b> (per 60 minutes)	£175.00
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## CLINICAL SUPERVISION SESSIONS

<b>1:1 Session</b> (per 15 minutes)	£25.00
<b>Group Session</b> (per 60 minutes, max 4 attendees)	£175.00

# CONTACT

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