

Skype Sessions

Programmes Details

We are now able to offer online anger management counselling & coaching using the Skype Video technology. This enables anyone to have a real time one to one session with any of our consultants from anywhere in the world in the privacy of your own home or office.

Telephone counselling is available in the initial stages but it is hoped that you will at some point progress to face-to-face work to:

- Overcome Your Anger Management Problems
- Improve Your Relationships
- Live a More Fulfilling Life
- Reduce Your Stress levels

This is beneficial if you are having difficulty finding a counsellor/coach in your area that understands and specialises in stress and anger management issues. Or if you want the convenience and privacy of doing personal growth work by phone from your home or office. Initial assessments and on going sessions cost £200. A commitment to 6 sessions is required in order to complete the programme. Six sessions are to be paid for in advance and the balance paid at the end of each session. This includes the workbook, Mike Fisher's book '*Beating Anger*', and a certificate upon completion if required.

Once an appointment has been arranged, the Skype contact name will be sent to you. Payment can be taken over the phone by Debit or Credit Card or by using PayPal. Skype is a free application that you can download for both Apple and IBM computer operating systems. Having Broadband / DSL is recommended, a microphone, speakers and a web camera. For better quality audio, a headset / microphone that plugs straight into your computer is more reliable than using your computer's external speakers. Headset's / microphone that plug into the USB port on your computer offer better quality sound, as USB connections do not slow down the audio transmission from the internet to your computer (as some sound cards). Everything is encrypted by Skype before it is transmitted to the internet and then automatically decrypted by the receiving person's computer. In this way all communication is private and confidential and cannot be intercepted.