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|  | **Via** [**BetterHelp/ReGain**](https://www.betterhelp.com/chris-sergeant/) | **Directly with me** |
| **Face to face ‘in office’ meeting:** | **No** | **Yes (in Peverell, Plymouth)** |
| **Cost per week:** | **£50 to £80**  **(paid four weekly)** | **£45 individual\***  **£60 couple\*** |
| **Length of live session:** | **30 or 45 minutes whether individual**  **or couple** | **50 minutes individual**  **60 minutes couple** |
| **Payment options:** | **4-week subscription** | **Per session or batch of sessions** |
| **Video sessions possible:** | **Yes** | **Yes** |
| **Phone sessions possible:** | **Yes** | **Yes** |
| **‘Chat’ sessions possible:** | **Yes** | **No** |
| **Worksheets / handouts:** | **Yes (digital)** | **Yes (printed / printable)** |
| **Access to online group meetings:** | **Yes** | **No** |
| **Messaging between sessions:** | **Yes**  **(asynchronous, 24hr response target)** | **No (other than for admin)** |
| **Free additional personalised hypnotherapy recording:** | **No** | **Yes \*\*** |

\*Based on weekly sessions

\*\*Minimum of ten booked and paid for counselling sessions required per free recording

[https://cscounselling.co.uk/#contact](https://cscounselling.co.uk/" \l "contact)

or

<https://www.betterhelp.com/chris-sergeant/>