



NATIONAL
COUNSELLING &
PSYCHOTHERAPY
SOCIETY

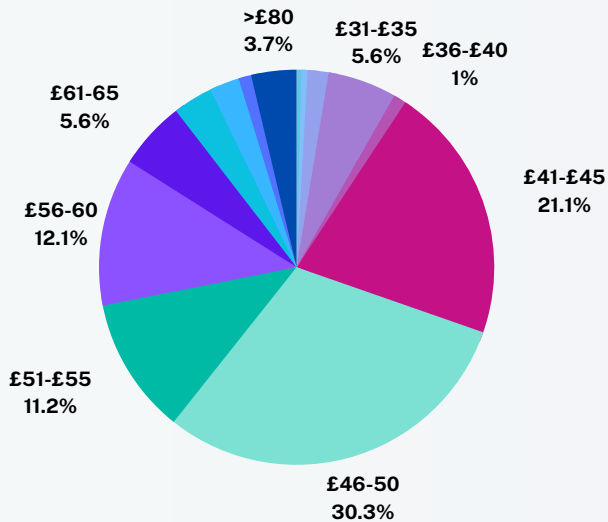
Counselling Provision in the UK



The NCPS conducted a survey of our members in February 2023 to understand some of the key details around counselling provision in the UK as it currently stands.

NCPS SURVEY — FEB 2023

What do counsellors charge per counselling session?



£41-50 is the average charge per counselling session

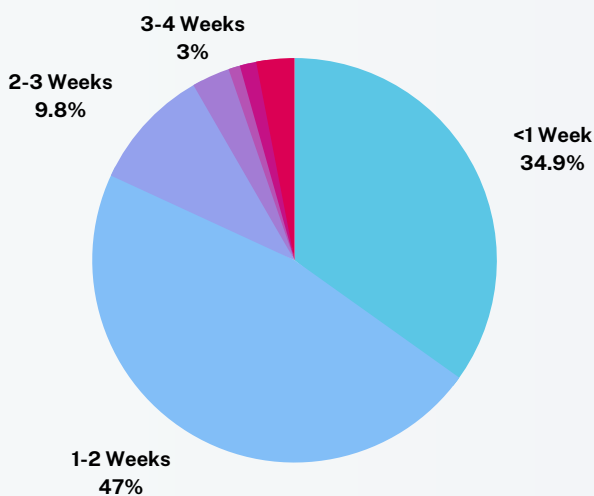
While some members (0.3%) say they charge less than £20 per session, and some (3.3%) charge more than £80, the vast majority of our members (57.7%) charge somewhere between £36 and £50.

In 2016, the majority of our members charged between £31 and £40. 58% charged between £21 and £50, with only 8% of members charging more or less than that.

When considering inflation, the average cost of a counselling session has risen at less than the rate of inflation since 2016.

75.7% charge less than £55 per counselling session

How quickly are NCPS counsellors able to see a new client?

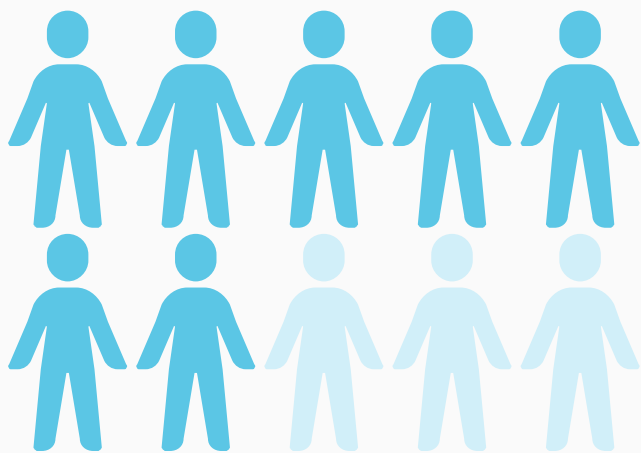
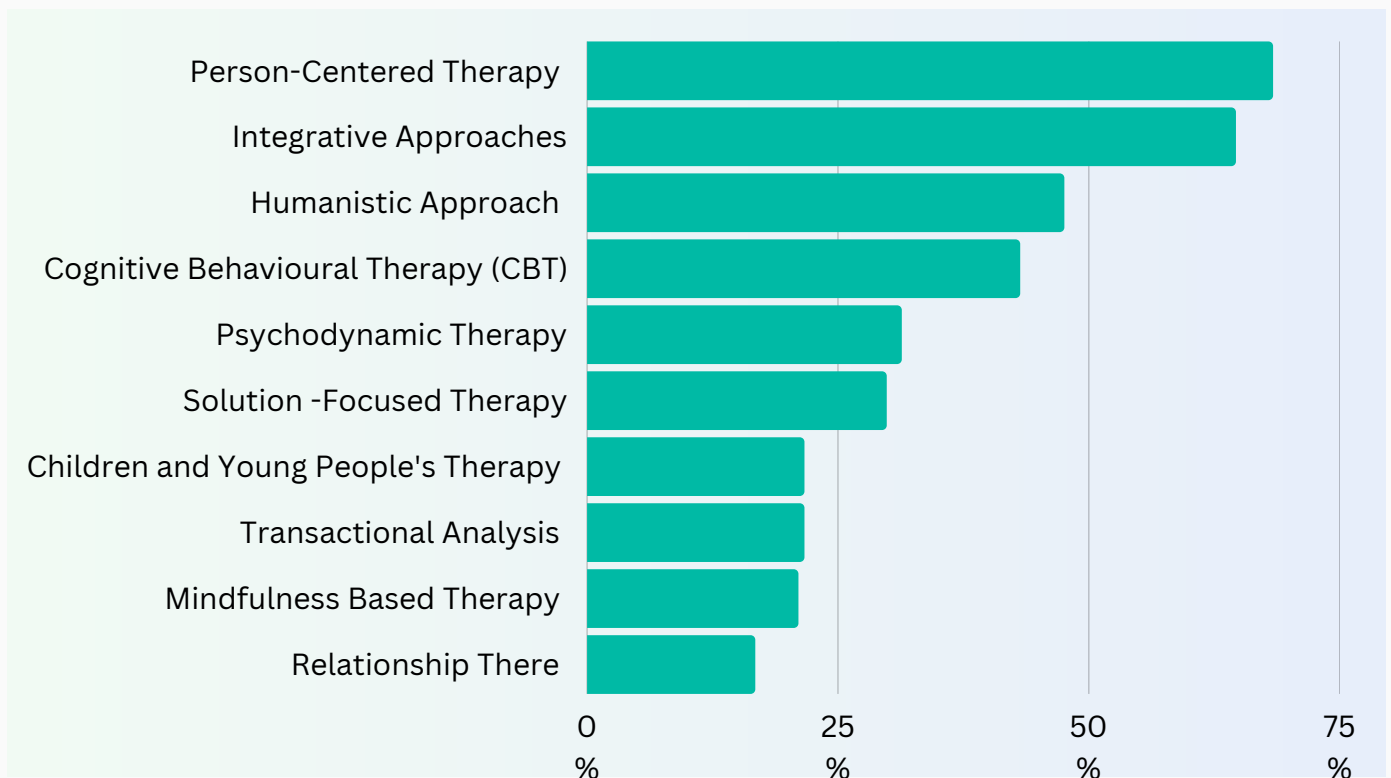


82% of NCPS counsellors are able to see new clients within 2 weeks

35% can see new clients within 1 week. This shows that counsellors in many cases have the capacity to take on new clients at short notice, and supports our campaign around Direct Access to Counselling, which calls for the Government to allow referrals directly to a counsellor of the patient's choice from an Accredited Register.

What modality/modalities do our counsellors work with?

Many of our members utilise a number of different approaches within their work, often reflecting the needs and preferences of the client. The most common ways of working include Person-Centred Therapy, an Integrative Approach (which combines a number of different approaches depending on the client), a Humanistic Approach, Cognitive Behavioural Therapy (CBT), Psychodynamic Therapy, Solution-Focused Therapy, and Children and Young People's Therapy.



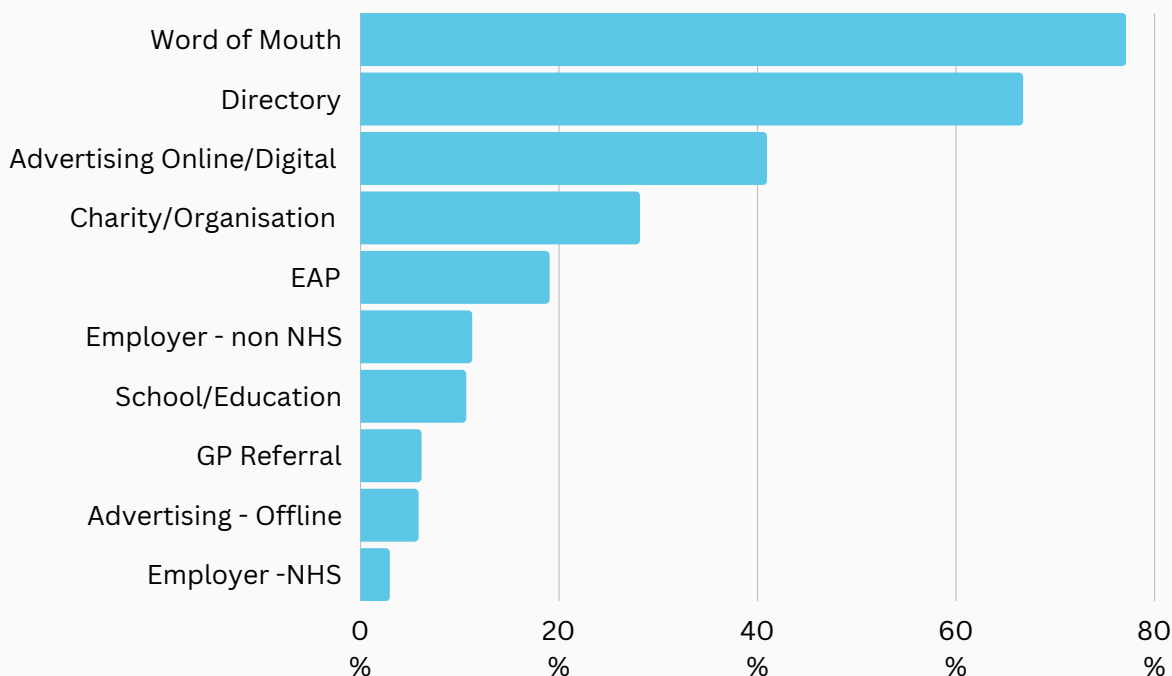
6.6 Out of 10 clients find counsellors on a directory

Directories are the second most common way that therapists gain clients; this means that having a profile on a directory and sharing some information about yourself, along with a photo, is generally a really effective way to gain clients.

77.1% of our members have clients that come from word-of-mouth referrals.

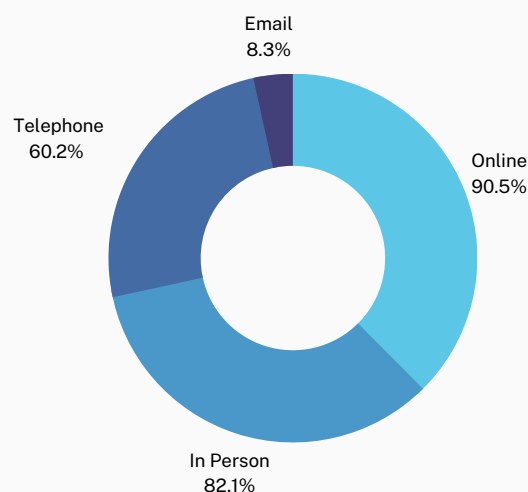
66.7% of clients are gained through directories while 40.9% come from digital or online advertising

This shows that counselling works and that clients of counsellors on our Register value the therapy that they have received enough to provide a recommendation to others. To the NCPS, this is as much indicative of the efficacy of therapy as any other evidence. People are recommending NCPS therapists to their friends and family; counselling works, and it matters to people.



Counselling services are offered through various mediums


The Covid Pandemic completely changed how counsellors and psychotherapists offer their services. 90.5% of members told us that they now offer counselling online, with nearly 18% only offering remote services by means such as video conferencing software, telephone or email.



Thank you!



Thank you for taking the time to read this report. If you have any questions or would like to discuss our findings further, please don't hesitate to reach out to us.

 19 Grafton Road, Worthing, BN11 1QT

 01903 200 666

 hello@ncps.com

 www.ncps.com