



## Dr Sarah Wills

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I am a Registered Counselling Psychologist with the Health and Care Professions Council (HCPC). I am also a registered member (MBACP) with the British Association for Counselling & Psychotherapy (BACP).

I have over nine years of experience of working within a counselling role; most of this experience has been gained through working in the NHS.

I have a particular interest in working collaboratively with clients to ensure therapy is specifically tailored to meet their needs. I take a client-led approach, and by focusing on the client's individual goals, I draw upon a range of psychological approaches in order to support the client to reach their goals.



## Synergy Talk

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# Synergy Talk

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## Counselling & Psychological Services

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Synergy | Talk

-Counselling & Psychological Services-

## Welcome...

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The word “synergy” means working together. Synergy is achieved when people work collaboratively to create an outcome that would not be possible by individuals working in isolation.

At Synergy Talk, the word “synergy” is a reminder that the best way to understand current difficulties is to consider how all parts of a person’s life have come together at this particular point in time. Our day to day routines, significant events, past experiences, thoughts and values impact upon how we perceive our lives today and the decisions we make.

Synergy Talk is also about being creative in working together to find the best ways of communicating in order for clients to express themselves. Through working collaboratively with clients, it is possible to promote lasting change and a more satisfying life.

## Counselling

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There are a range of counselling and psychological services available at Synergy Talk, including:

- [Face to Face Counselling](#)

Face to Face sessions take place at The Practice Rooms in Westbury-on-Trym, Bristol.

- [Skype Counselling](#)

Skype enables you to video chat in real-time. Skype counselling is becoming increasingly popular due to a number of associated benefits, such as being able to attend sessions from the comfort of your home.

- [Walk & Talk](#)

Walk & Talk is a type of counselling where the client and therapist walk together outdoors during therapy sessions rather than sitting indoors in a counselling room.

Please visit the website at: <https://synergytalk.co.uk/index.html> to find out more about the psychological services offered.

## Fees

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Initial consultations provide an opportunity to meet each other, talk about your expectations of counselling, and explore what has brought you to counselling. The initial consultation lasts for 60 minutes and is charged at £40, or £35 for Skype Counselling.

Should you decide to continue, subsequent sessions last for 50 minutes and are charged at £60, or £55 for Skype Counselling. Sessions usually take place weekly at the same time.



## Privacy

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For our privacy notice, please visit the website at: <https://synergytalk.co.uk/privacy.html>