

Name/Company Name	Location	Service(s) Offered	Standard Cost	Low cost counselling?	Low cost details	Notes	
Hay Counselling and Psychotherapy Sarah Hamilton	Hay on Wye	Counselling and Psychotherapy ▾	£80/50 mins	Yes ▾	1/3 of spaces offered at reduced rate		
Sarah Steel Counselling	Brilley, near Hay on Wye	Family Therapy ▾	£50/1hr	Yes ▾	Sliding scale for low income clients		
The Therapywise Foundation, Jo	Hay on Wye	"Other (e.g. play therapy, family therapy)" ▾	£90/Session	Yes ▾	States "may be available"	Specifically for children, young people, and families	
Mary Yeomans	Brecon	Counselling ▾	£60/Session	Yes ▾	States "apply if you may be available"		
Sarah Griffith	Talfarth	Counselling and Psychotherapy ▾	£55/Session	Yes ▾	Offers a limited number of lower cost sessions		
Lee Buttitta	Builth Wells	Counselling and Psychotherapy ▾	£60/Session	Yes ▾	States "apply if you may be eligible"		
Wendy Harvey	Hereford	Counselling ▾	£60 for individual, £70 for couples	No ▾	Doesn't appear to offer discounts, but does accept insurance		
Catherine Quayle	Hereford	Counselling ▾	£50/Session	No ▾			
Dr. Maria Love	Hereford	Counselling ▾	£100/Session	No ▾		Clinical psychologist	
Clive Oxford	Hereford	Psychotherapy ▾	£90 individual, £135 couple	No ▾	Does accept insurance		
Lucy Sheehan	Monmouth	Psychotherapy ▾	£60/hour	No ▾		Is a trainee UKCP Core Process Psychotherapist	
Heather Murray	Abergavenny	Counselling and Psychotherapy ▾	£70 individual, £90 couple	No ▾		Initial 30 min consultation for £35	
Tom Magal	Hereford	Counselling ▾	£60/50 mins. Couples £90/80 mins	Yes ▾	Offers a limited number of concession slots, and accepts Bupa insurance.		
Ataraxis Therapy	Hereford	Counselling ▾	£55/Session	Yes ▾	"Happy to discuss individual circumstances and offer some flexibility around costs and frequency of session"		
Lou Padian	Hereford	Counselling ▾	£45/Session	Yes ▾	£40 for NHS staff, students, children and young people, EAP programmes, insurance companies. Ask about other concessions		
Charlie Ward Therapy	Hay on Wye and Merthyr Tydfil	Counselling ▾	£40/hr Hay, £35/hr Merthyr	No ▾		Counsellor in training	

<u>Wye Valley Therapy Centre</u>	Across Abergavenny, Chepstow, Herefordshire, Monmouthshire	Counselling and Psychotherapy ▾	£40/session	No ▾		I think there might be a range of costs	
<u>Positive Change Therapies, Elva</u>	Ross-on-Wye	Counselling ▾	£85/hour	No ▾		Counselling and hypnotherapy	
<u>Kenneth Evans</u>	Ross-on-Wye	Counselling ▾	£65-£120	Yes ▾	Limited portion of practice for clients on low income	Some trainee counsellors	
<u>Penny Cole Counselling</u>	Herefordshire	Counselling and Psychotherapy ▾	£70/session	No ▾	Accepts Bupa and Aviva Healthcare		
<u>Sharon Jenkins</u>	Builth Wells and Brecon	Counselling ▾	£60 Builth Wells, £70 Hay-On-Wye/Talgarth	No ▾		£100 for couples sessions	
<u>Black Mountains Counselling, Rachel Philbrick</u>	Black Mountains	Counselling ▾	£65-100 individual, £80 couples	No ▾			
<u>Psychotherapy Hay</u>	Hay on Wye	Psychotherapy ▾	£40/50 mins	Yes ▾	Carry some low cost places	UKCP	
<u>Silvia Baba Neal</u>	Hereford	Counselling and Psychotherapy ▾	£80	Yes ▾	Concessions to young adults, students, and low-waged clients	UKCP	
<u>Sarah Hamilton</u>	Hereford	Counselling and Psychotherapy ▾	£80	Yes ▾	One-third of spaces at reduces rates for those on limited incomes	UKCP	
<u>Nigel Rayment</u>	Kington	Counselling and Psychotherapy ▾	£55	Yes ▾	Set number of reduced price places	UKCP	
<u>Chafrlotte De Sousa</u>	Hereford	Counselling and Psychotherapy ▾	£95 individual, £135 couples or family	No ▾		UKCP	
<u>Sarah Devereux</u>	Hereford	Psychotherapy ▾	£70	Yes ▾	Sliding scale for lower fees	UKCP	
<u>Gloria Enoe Howard</u>	Presteigne	Counselling and Psychotherapy ▾	£90 individual, £140 family	Yes ▾	Sliding scale of fees	UKCP	
<u>Miranda Seymour-Smith</u>	Brecon	Psychotherapy ▾	£75 individual, couples £95	No ▾	Accepts AXA, Aviva, and Vitality Health insurance	UKCP	
<u>Karin Vogal</u>	Hereford	Psychotherapy ▾	£60	Yes ▾	Sliding scale	UKCP	
<u>Helen Miskin</u>	Hereford	Psychotherapy ▾	£70	Yes ▾	"occasionally available"	UKCP	
<u>Abigail Washington</u>	Hereford	Psychotherapy ▾				UKCP	
<u>Lynda Parabi</u>	Hereford	Psychotherapy ▾	£60	No ▾		UKCP	
<u>Steven Pritchard</u>	Hereford/Cheltenham	Counselling and Psychotherapy ▾	£65	No ▾		UKCP	
<u>Sue Hinds</u>	Abergavenny and Cardiff	Psychotherapy ▾	£50	No ▾		UKCP	

<u>Louise swanston</u>	Abergavenny	Psychotherapy ▾				UKCP	
<u>Susan Harrison</u>	Abergavenny	Counselling and Psychotherapy ▾	£60 individual, couples £80, Supervision £60	Yes ▾	"For those struggling with financial difficulties, a reduced fee may be negotiated"	UKCP	
<u>Sara Davies</u>	Abergavenny	Counselling and Psychotherapy ▾	£60	Yes ▾	A few low-cost spaces	UKCP	Gestalt therapy
<u>Richard Lewis</u>	Knighton	Counselling and Psychotherapy ▾	£70	No ▾	Can provide invoices for insurance	UKCP	
<u>Elizabeth Simpson Coaching</u>	Brecon	"Other (e.g. play therapy, family therapy)" ▾	£25 per 45 min "START" wellbeing coaching	Yes ▾	Free coaching offered for military spouses/partners up to three sessions		
<u>Lucy Bourke</u>	Talgarth and Hereford	Counselling and Psychotherapy ▾	£60 in person, £50 online	Yes ▾	£40 for students or those claiming benefits	BACP	Also offers CBT
<u>Victoria Katharine</u>	Hay-on-Wye	Art Pyschotherapy ▾	£50	No ▾		BACP	Trainee
<u>Becky Webb (play in the borders)</u>	University of South Wales	"Other (e.g. play therapy, family therapy)" ▾	£60	Yes ▾	Fee can be reviewed at intake if necessary		
<u>Rachel Philbrick</u>	Talgarth	Counselling ▾	£65-100 individual, £80 couples	Yes ▾		BACP	EMDR therapist
<u>David Field</u>	Peterchurch	Counselling ▾	£60	Yes ▾	20% of current work free or pro bono	BACP	
<u>Vera Altmeyer (Hay lifestyle medecine)</u>	Hay on Wye		£150 90 min session	No ▾		Lifestyle medicine, health coaching, and ADHD coaching. Offers coaching packages	