



# 2025 Price list

Pricing for REHvolution Therapy Services

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REHOLUTION THERAPY SERVICES



## Pricing/Offering list

Below is the current pricing schedule for all services with REHvolution Therapy Services. These services are subject to annual review and all clients should be aware that prices may rise or drop after each annual review.

**PLEASE NOTE:**

Unless you are based on the Island, assume sessions will be carried out Virtually as an Online Telephone / Text Chat / Video Call

Item No.	Item name/description	Price
<b>Discovery</b>	<p>The Discovery call is a limited Free service, where the therapist will either telephone or Video call a potential client to ascertain if they are suitable for one of our services.</p> <p><b>Duration of this is 15 minutes minimum</b></p>	<b>FREE</b>
<b>Individual</b>	<p>The Individual therapy can be conducted either as a face-to-face talk therapy usually in the comfort of your own home.</p>	<b>£45 per / hr</b>
<b>Minor / IOM</b>	<p>Therapy sessions are discounted for Island resident minors aged 12 – 16 years.</p>	<b>£28 per / hr</b>
<b>Minor / R.O.W</b>	<p>For Minors aged 12 year plus, all therapy sessions will be conducted virtually as an Online Telephone / Text Chat / Video Call</p>	<b>£35 per / hr</b>
<b>Relationship</b>	<p>Relationship therapy for an Individual can be effective to help clarify your feelings about a partner or spouse &amp; may last for more than one session (Speak to the therapist about bulk sessions and therapy programmes. This therapy is only carried out Face-toface on the Isle of Man otherwise assume it will be carried out Virtually as an Online Telephone / Text Chat / Video Call</p>	<b>£85 per / hr</b>
<b>Couples</b>	<p>Couples therapy sessions can cover a range of issues &amp; usually it is recommended to book blocks of at least 3 sessions, more complex issues may require additional sessions.</p>	<b>£85 per / hr</b>
<b>Family</b>	<p>Family Systems Therapy – is a valuable, non-judgemental way of communicating with each other generally, but especially when a family have reached a block. IFS therapy</p>	<b>£150 per / hr</b>



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helps uncover root causes, offer suggested ways of moving forward, through understanding of issues and of one another's viewpoints.

### Group

Group sessions may appear similar to IFS therapy but differ in one major way. The group of people does not necessarily need to be related. In fact, often group sessions are for gathered individuals who share a common aim, namely, to help treat, manage and yes in certain situations resolve situations. **(Face-to-face on Island or Virtually)**

**£12 per individual / max number of 15 Individuals per group / Per session (Daily/Weekly or Monthly)**

### TRAUMA Programme

Bespoke (Adult) Trauma Therapy – generally for 2 – 6 sessions are the guideline for a client to begin to see positive changes in their reaction to their trauma but deep rooted or childhood related traumas can take longer for the client to begin to manage their issues or symptoms of a traumatic event.

**£150 per / hr**

### ANXIETY Programme

This is a 4 week course of holistic treatment using a combination of therapy modalities to effect change in a client, who has been or is currently suffering the negatives of regular Anxiety or Panic attacks & is struggling to manage the symptoms.

**£99 per/4 Weekly Sessions**

### Self-Esteem Programme

We all suffer from a decreased idea of our own self-worth, whether it is as a result of a person in your circle mistreating you and undermining you, or a self-image you are struggling with, this course helps identify the root cause and will teach you important structured methods to cope and manage your issues going forward, leading you onto a "Happier, healthier YOU !"

**£99 per/ 4 Weekly Sessions**

### Anger Management Programme

Who in today's world can honestly admit to never getting angry about something or someone and reacting angrily as a result?  
If you have said YES...well, you are either remarkably tolerant of others or you are living in Egypt ie: **You are in DNile...lol**

**£99 per / 4 Weekly Sessions**