



About Life in Action Counselling and Psychotherapy Centre

Our Aims and Objectives

Life in Action Counselling and Psychotherapy Centre is a professional independent counselling service based in the heart of Sleaford, easily accessible within the town centre. Our location, in the former police station, is a site rich with history, offering a professional and confidential space for therapy.

We provide counselling, psychotherapy, coaching, and specialist therapeutic support to individuals, couples, and families across Lincolnshire, including Sleaford, Grantham, Newark, and surrounding villages. Our aim is to offer high-quality, ethical, and affordable mental health support to all who need it.

Our Facilities & Accessibility

Our centre is located in **modern, ground-floor offices** in Sleaford close to the centre, there is free parking, shops, cafés and public spaces.

Accessibility

Step-free, ground-floor access to reception and therapy rooms

Ground-floor accessible toilet

Disabled/Blue Badge parking directly outside the entrance

We're able to **support clients with physical disabilities**—please let us know any adjustments you may need



Our Counselling & Psychotherapy Services

We believe that therapy can create significant and lasting positive changes, providing essential support during crises, transitions, and personal development. Our service helps clients to:

- ¥ Manage anxiety and depression
- ¥ Improve self-confidence and emotional resilience
- ¥ Navigate relationship challenges

- ¥ Explore identity, personal growth, and decision-making

We integrate a range of therapeutic approaches to tailor support to each client's individual needs. If a specific therapist or approach is not available, we will refer clients to trusted local services where appropriate.

Who We Support

We work with a diverse range of clients, including:

- ✓ Individuals seeking personal therapy
- ✓ Couples in need of marriage and relationship counselling
- ✓ Families navigating parenting, separation, or blended family dynamics
- ✓ Professionals requiring coaching and workplace mental health support

Specialist Support Groups & Workshops

In addition to one-to-one therapy, we run support groups and development workshops, including:

- ¥ Men's Personal Development Group
- ¥ "Talking Sex" Process Group (for those exploring identity, relationships, or addiction)
- ¥ CPD Training for Counsellors & Health Professionals



Our Ethical Standards & Professionalism

Life in Action follows the BACP (British Association for Counselling & Psychotherapy) Ethical Framework and British Psychological Society (BPS) professional guidelines, ensuring that our therapists:

- ¥ Maintain strict confidentiality (in line with ICO, BACP, and BPS guidance)
- ¥ Receive regular supervision to uphold high professional standards
- ¥ Engage in continuous training & professional development

All of our therapists hold professionally accredited qualifications, including training from:

- ¥ Life Force School of Counselling
- ¥ The British Psychological Society (BPS)
- ¥ Ridgeway College & Grantham College

Confidentiality & Ethical Practice

Confidentiality is at the core of our service. However, there are situations where confidentiality may be breached in line with legal and ethical obligations:

- ¥ If a client poses a serious risk to themselves or others.
- ¥ If a therapist is legally required to disclose information (e.g., acts of terrorism, safeguarding concerns).
- ¥ If a child is at risk of harm or neglect, in line with the Children Act 1989.

Where possible, we will always seek client consent before sharing information with relevant professionals.

All clients are required to enter into a therapy contract upon engaging with our service, ensuring clear expectations around confidentiality, ethical practice, and responsibilities.

Session Formats & Availability

We offer flexible appointment times across four days a week:

- 🕒 Monday, Tuesday, and Friday: 9:00 AM – 5:00 PM
- 🕒 Occasional Saturdays: 9:00 AM – 5:00 PM (subject to availability)

We provide therapy in multiple formats to suit your needs:



- ¥ **Face-to-face (at our Sleaford centre)**
- ¥ **Online therapy via Teams**
- ¥ **Telephone counselling**

Payment & Fees

We strive to keep therapy affordable and offer reduced-fee options for those in financial hardship (subject to availability).

Accepted payment methods:

- ✓ **Cash**
- ✓ **BACS (Bank Transfer)**
- ✓ **Euros (at a locally agreed rate at the time of payment)** ✓ **PayPal**
- ✓

🚫 **Please note:** We no longer accept card payments.

Contact Us

If you have any questions or wish to book an appointment, please contact us via:

🌐 **Website:** www.lifeinaction.co.uk

✉ **Email:** jason@lifienaction.co.uk

📞 **Phone:** 01522 712888

We look forward to welcoming you to Life in Action Counselling and Psychotherapy Centre, where your journey to healing, growth, and transformation begins.