



Empowered Minds

Reframe - Refocus - Revitalise

Frequently Asked Questions

What is Mental Health Occupational Therapy?

Occupational Therapy in mental health focuses on helping people overcome barriers that may be preventing them from engaging in meaningful activities and roles in their lives. As an Occupational Therapist, I look at how mental health challenges might be affecting your daily life, work, relationships, and overall wellbeing. This includes:

- Understanding how stress and anxiety impact your daily routines
- Identifying practical strategies to manage challenges
- Creating sustainable solutions for work-life balance
- Developing healthy habits and coping mechanisms
- Building confidence in managing daily activities

What's the Difference Between Coaching and Therapy?

While both coaching and therapy can be valuable for personal growth, they serve different purposes:

Coaching:

- Focuses on present challenges and future goals
- Works with currently stable mental health
- Action-oriented and solution-focused
- Helps develop strategies for specific outcomes
- Typically, shorter-term with defined objectives

Therapy:

- May explore past experiences and trauma
- Treats diagnosed mental health conditions
- Process-oriented and healing-focused
- Provides clinical mental health support
- Often longer-term with evolving goals

My approach uniquely combines coaching techniques with my mental health expertise, allowing me to:

- Recognise when coaching is appropriate or when therapy might be better suited
- Use evidence-based strategies while maintaining a coaching framework
- Support you in setting and achieving practical goals
- Ensure your mental wellbeing is considered throughout our work together

What Can I Expect in a Session?

Each 60-minute session is structured to make the best use of our time together:

First Session:

- Understanding your goals and challenges
- Discussing your preferences for working together
- Beginning to outline an action plan
- Setting initial objectives

Regular Sessions:

- Brief check-in on progress and any challenges
- Focus on specific goals or challenges
- Practical strategy development
- Action planning for the week ahead
- Recap and next steps

Practical Information

How Do Virtual Sessions Work?

- Sessions are conducted via Microsoft Teams
- You'll receive a private meeting link before each session
- You'll need:
 - A quiet, private space
 - Reliable internet connection
 - Device with camera and microphone

How Many Sessions Will I Need?

This varies depending on your goals and circumstances. Generally:

- Single sessions work well for specific challenges
- 3-session packages suit focused goals
- 6-session packages allow for deeper work and sustainable change

We'll regularly review progress and adjust the number of sessions based on your needs.

How Should I Prepare for Sessions?

- Find a quiet, private space where you won't be interrupted
- Have a notebook and pen ready
- Reflect on your progress since the last session
- Note down any specific challenges or questions
- Come ready to engage and be open to new perspectives

What If I Need to Reschedule?

- 48 hours' notice is required for rescheduling
- Late cancellations or missed sessions are charged at full rate
- You can reschedule via email rebecca@empoweredmindscoaching.co.uk

Is Everything Confidential?

- All sessions are strictly confidential
- Minimal notes are taken and are stored securely and privately
- Information is only shared if:
 - You give explicit permission
 - There's immediate risk to safety
 - Required by law

What About Payment and Cancellation?

- Payment is required at the time of booking for single sessions and packages
- 48-hour cancellation policy applies
- Payment will be made via BACS transfer. Upon receipt of payment, you will be sent a receipt along with your booking confirmation
- Packages expire after 6 months of purchase

What If I'm Not Sure Coaching is Right for Me?

During the free 20-minute consultation we will:

- Discuss your specific situation
- Explore how coaching might help
- Answer any questions you have
- Determine if we are a good fit to work together
- Alternative support will be suggested if needed