

Psychotherapy and coaching

Different formats.
The same professional commitment.

With Jarell Bempong

When difficult feelings, repeating patterns or a decision feel hard to move through, start with what matters to you. Explore psychotherapy, personal, leadership or founder coaching and specialist personal work, then compare the contact and continuity each level offers.

Explore the options. Ask about fit.
Decide in your own time.

Psychotherapy

A professional relationship with space for your experiences, identity, culture and context.

Accessible · Backstitch™ Supported
Monthly £150 | Connected £175 / month

Monthly: one 50-minute session. Connected: two 30-minute appointments. Each package includes one practitioner-reviewed comprehensive Backstitch report and two shorter reflections, subject to suitability and separate consent for any recording or AI processing.

Standard · Integrative Practice
£150 per 50-minute session

Two sessions per month: £300. Four sessions per month: £570.
Full-length, practitioner-led sessions with ordinary scheduling. No compulsory AI processing.

Private · Continuity and Bespoke
Continuity £1,250 / month

Four 50-minute sessions, one 30-minute review/integration appointment, personalised preparation and priority reserved scheduling.
Bespoke from £2,250/month: four 75-minute sessions; up to two additional 30-minute appointments where therapeutically appropriate; extended preparation and reserved capacity.

Four-session allowances are per billing month, not a promise of 52 weekly sessions a year. Private offers do not include unlimited messaging or crisis cover.

Coaching

Space to clarify decisions, explore patterns and take practical steps in your personal or professional life.

Accessible · Backstitch™ Supported
Monthly £175 | Connected £195 / month

Monthly: one 60-minute personal coaching session. Connected: two 30-minute appointments. Each package includes one comprehensive practitioner-reviewed report and two shorter reflections, with separate consent for any recording or AI processing.

Standard · Integrative Practice
Personal coaching £175 / 60 minutes

Two sessions per month: £350. Four sessions: £665.
Self-funded leadership/founder coaching: £250 / 60 minutes; two monthly sessions £500; four £950. Workplace-funded coaching belongs to For Organisations.

Private · Continuity and Bespoke
Continuity £1,500 / month

Four 60-minute sessions, one 30-minute check-in, personalised integration and priority scheduling.
Bespoke from £3,000/month: four 90-minute sessions, agreed additional check-ins, deeper integration and reserved capacity. Personal coaching may be scoped separately.

The four-session Standard plans include a 5% reduction. Therapy and coaching remain distinct disciplines, with scope and boundaries agreed before work begins.

A thoughtful next step

Meet your practitioner

Jarell Bempong is a practitioner, coach and author of White Talking Therapy Can't Think in Black (2023). His training includes the Animas Accredited Diploma in Transformational Coaching. He won LCCI SME London Business Awards Gold Business Person of the Year in 2024 and National AI Awards AI Citizen of the Year in 2025. Mental-health service awards in 2025 and 2026 belong to his earlier practice, Bempong Talking Therapy.

What Private adds

Discretion · Depth · Continuity · Responsiveness · Intellectual Sophistication · Flexibility. Additional time and reserved capacity are defined in your agreement; the professional commitment remains the same at every level.

Contact and availability

All three levels are part of the Turncurrent For You service portfolio. New enquiries and bookings are currently closed; see the website for current availability.

Contact hello@turncurrent.co.uk for general service information; please do not include a detailed personal history in an initial email.



hello@turncurrent.co.uk
www.turncurrent.co.uk/for-you

Scan to email, or visit the For You page for current availability. New enquiries and bookings are currently closed.

Before engagement, suitability, total fees, any applicable tax, confidentiality, session allowances, cancellations and optional Backstitch processing are confirmed in writing.