



Frequently Asked Questions

Naturopathy for Dogs & Horses

Can I book an online naturopathy session for my dog or horse?

Yes. Philippa uses a specialised assessment protocol to carry out consultations online. In some cases, she may request photos, video clips, or a live call with your dog or horse present to ensure a thorough understanding of their needs.

Can I book a session for both myself and my dog or horse at the same time?

No. Each naturopathic consultation is comprehensive and requires the full appointment time to explore health history, behaviour, lifestyle, and symptoms. Separate sessions allow for focused, high-quality care and accurate follow-up planning.

Psychotherapy

Can I book a psychotherapy session without an initial consultation?

No. An initial consultation is required before beginning therapy. This 50-minute session allows Philippa to gather essential clinical, emotional, and personal information to determine whether she is the right practitioner to support you. It also helps you explore the best format, duration, and frequency of therapy to suit your goals, history, and budget. It's a vital part of ethical, safe practice.

Do you offer one-off sessions or long-term therapy?

Yes. You can choose from one-off consultations, short-term focused therapy, or open-ended sessions depending on your needs and preferences.

TRE® & Body-Based Work

What is TRE® and how many sessions do I need?

TRE® (Tension & Trauma Releasing Exercises) is a body-based method to release stored stress. It's recommended that you complete at least 6 sessions with a qualified TRE® provider before practising on your own.

Are TRE® sessions available privately and in groups?

Yes. You can book private 1:1 TRE® sessions or join monthly trauma-informed group

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classes.



Supervision & CPD

Do you supervise room-based psychotherapy work?

Yes. Philippa provides clinical supervision for room-based, online, equine-assisted, nature-based, and integrative practice models.

Can I book a consultation before I'm a qualified practitioner?

Yes, absolutely. Consultations can be used for mentorship and guidance in finding the best path for your career.

Are your CPD courses accredited?

Yes. Selected CPD and supervision programmes are accredited and internationally recognised. Please visit the CPD page for more information.

Booking & Payment

How do I book a session or package?

Booking links are available on each service page.

Can I reschedule or cancel a session?

Cancellation policies vary. For one-off sessions, 48 hours' notice is required. Sessions within packages or memberships are non-refundable and cannot be rolled over to the next month.

Can I use health insurance or pay in instalments?

Philippa is not currently registered with insurance providers. Payment plans may be available for long-term programmes—please enquire directly.

Where can I view your full terms and policies?

Terms & Conditions, cancellation policies, and supervision guidelines are linked in your booking confirmation email and available on the website.

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