



Service Limitations Strategy

Purpose:

This document outlines the current limitations of Michaela McCarthy Ltd known as Michaela McCarthy & Associates in delivering services, to ensure transparency, manage client expectations, and support operational planning. It will be used internally and in external communications where appropriate.

1. Scope of Services

Michaela McCarthy provides counselling, psychotherapy and psychosexual & relationship counselling services to a wide range of clients, both for individuals and couples. While Michaela McCarthy aims to be as inclusive and accessible as possible, there are some limitations due to funding and services.

2. Key Limitations

2.1 Working with Older Clients

- From our Equal Opportunities monitoring, which is reviewed quarterly, the demographics for Michaela McCarthy clients in private practice services indicate that most clients are aged 25–60 years old.
- To ensure accessibility and inclusivity Michaela advertises her clinical services via her web site michaela@michaelamccarthy.com

2.2 Working with Children and Adolescents (younger adults) under the age of 18

- Michaela McCarthy does not provide therapy for this age group.

3. Working with impaired hearing

Michaela McCarthy does not provide therapy for the deaf. If you require counselling in BSL please refer here: www.deaf4deaf.com

4. High-Risk or Specialist Care

- Michaela McCarthy practice is not a crisis service.
- Upon assessment Michaela McCarthy may work with some high-risk clients working alongside a team of psychiatrists in private practice.
- Michaela McCarthy does not offer psychiatry but can refer you onto see a psychiatrist for assessment and/or medication support.

5. Fees

- Michaela McCarthy works in private practice with individuals and couples does not provide a low-cost counselling service. She can recommend services within either in person or online.

Reviewed July 2026