



East London

NHS Foundation Trust

Information Governance

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13th May 2026

Our reference: FOI DA6579

We are responding to your request for information received 20th April 2026. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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'what matters' to everyone, achieve a better quality
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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request:

Question 1: Does your organisation currently provide counselling services to patients? (If no, please don't worry about the remaining questions!)

Answer: Yes

Question 2: How many counselling sessions are made available for patients?

Answer: A typical course of counselling would be between 6 -8 sessions. If further input is required, care will be arranged within the same episode of care.

Talking Therapies services are designed to provide time-limited interventions with clear therapeutic goals, which will direct number of sessions. Talking Therapies services are not set up to offer open-ended interventions.

Question 3: Are patients/counsellors given the option to extend the number of sessions if required? If so, is there a maximum number of sessions?

Answer: Yes, depending on progress, objectives and needs.

Different individuals present with different needs and goals – all are taken into consideration.

Question 4: What rationale was used to set the number of sessions offered to patients?

Answer: The Trust has reviewed question 4 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

*Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust does not record the information requested and is therefore unable to provide a response.

Question 5: Is there any written reports or guidance that you used to support the decision? If yes, which?

Answer: Therapists review their case load together with their supervisor to help identify service users who would benefit from additional sessions and/or another type of therapy in order to achieve a successful outcome. This includes looking at progress made in terms of clinical outcome measures, attendance/engagement and individual factors.



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