

**We are an
Organisational Member
of BACP.**



About Us

The Black Country Therapeutic Centre is a service dedicated to helping people access the support they need. Built from a passion for improving lives, our founder, Tommy, has over 14 years of experience in the sector. Drawing on this expertise and the knowledge gained from establishing various services, BCTC was founded. We offer four comfortable and private rooms in Wednesbury and provide support through in-person, online and telephone counselling

BCTC offers four pathways: support for **adults**, **children**, **couples**, and **various relationships**. We also work within organisations, especially those in Healthcare and Social Care, with a clear understanding of the issues the sector can present.

Amy - Registered Care Manager "It has been extremely valuable having a service that we are able to promptly refer to. We have seen a significant improvement in staff's emotional well-being, and we have had a positive decline in employee absence relating to mental health"
We provide affordable sessions and offer funding when it is available.

Our Mission

Our mission is to provide timely therapeutic interventions for those in need, bridging the gap in inequalities within the therapeutic interventions offered. The interventions are matched to the individuals' needs instead of just offering traditional talking therapy.

Interventions and Services



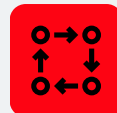
Talking Therapy



Eye Movement Desensitisation and Reprocessing (EMDR)



Couples/Relationships Therapy



Psychosexual Therapy



Critical Incident Stress Debriefing



Animal Assisted Therapy



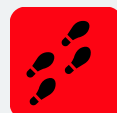
Creative Therapy, LEGO, SAND, CLAY, and ART interventions



Hypnotherapy/Emotional Freedom Technique and Rewind Technique



Group Therapy and Psychoeducation Groups



Walk and Talk Therapy

