

Nat 1 Therapy

Nat 1 Therapy provides counselling for young people and adults aged 16 and over. Sessions take place face-to-face in Newcastle upon Tyne or online via Zoom.

The service offers two types of therapy. Traditional therapy combines person-centred, psychodynamic and cognitive behavioural therapy (CBT) methods, adapted to each client's needs.

TTRPG therapy uses storytelling, character creation and tabletop role-play (such as Dungeons and Dragons) to help clients work through feelings and experiences indirectly. This approach may suit people who find direct conversation about personal issues difficult.

Nat 1 Therapy also runs group therapy sessions in partnership with Clubhouse Gaming on Newcastle Quayside. In these sessions, three clients play a Dungeons and Dragons campaign together over 8 to 12 weeks, with the counsellor acting as dungeon master. These sessions take place in a public gaming venue, so the service cannot guarantee confidentiality during group sessions.

Individual sessions cost £60 for 50 minutes. Group sessions cost £40 per player for 2 hours. Clients who book and pay for 4 or more sessions in advance receive a 10% discount.

To access the service, clients contact Nat 1 Therapy by phone, text or email to arrange a free 20-minute consultation. New clients complete an initial assessment before starting sessions.

Jonathan (Jonno) Joseph, who runs Nat 1 Therapy, is registered with the British Association for Counselling and Psychotherapy (BACP), registration number 01016575, and with the Information Commissioner's Office (ICO).

Nat 1 Therapy is not a crisis service. Details of emergency support are available on request.

Last updated: September 29, 2026

Telephone: 07442390565

Website: www.nat1therapy.com

Email: info@nat1therapy.com

Facebook: <https://www.facebook.com/nat1therapy>

Opening Hours: Monday 8am to 8pm
Tuesday 8am to 8pm

Thursday 9.30pm to 2.30pm

Friday 9.30pm to 2.30pm

Cost: There may be a cost to this service/support

Address:

Merchant House, 30 Cloth Market

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Tyne and Wear

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