

Nurturing MINDS

C O U N S E L L I N G P R A C T I C E

Counselling Services: Rates and Length of Sessions

- Individual Counselling offered Online and In-person
- Languages available: English and Afrikaans

- Types of Sessions Available:

- *Specializations:*
 - ✓ **Trauma Counselling**
 - ✓ **Loss and Grief**
 - ✓ **Depression/Anxiety Support**

- One-on-One/ Individual Counselling:

- First session (intake and assessment)- R400/ 1hour
- Sessions after intake and assessment- R350/ 1hour

Brief Overview

The counsellor provides professional assistance to clients with a wide variety of challenges/problems of life e.g., breakups, building self-esteem/confidence, depression support, anxiety/anger management, loss and grief, life-transitions etc. Offer clients a safe space to navigate through difficulties and to overcome obstacles to achieve goals and self-improvement through fostering resilience.

- Couples/Marriage Counselling:

- First session (intake and assessment)- R550/ 1hour
- Sessions after intake and assessment- R500/ 1hour

Brief Overview

During these sessions we will explore what it is that has made you seek counselling as a couple/married couple. We will then further unpack any challenges, difficulties, hurt, trauma etc. systematically and implement effective tools and strategies that suits the needs and wants of you and your partner's relationship/marriage. Whether you require a love language assessment or the attachment style quiz we will incorporate it to enhance your relationship/marriage and bring harmony.

- Family Support Counselling:

- First session (intake and assessment)- R550/ 1hour
- Sessions after intake and assessment- R500/ 1hour

Brief Overview

During family counselling sessions we explore and unpack the various dynamics and complexities each family is facing. Along with this we focus on improving communication, finding solutions and adjusting dynamics to establish balance, harmony and healthy functioning families.

- Crisis/Trauma Management- R390/ 1 hour

Brief Overview

Often in life we experience events/situations that is traumatic or disrupts our balance. During crisis management sessions the client receives emotional support and explore effective coping strategies with the counsellor. This is to minimize the stress of an event and help the client regain their sense of control and restore a state of normal functioning. During these sessions we will implement the 5-Steps of the emotion aid protocol.

- Group Counselling: Rates determined upon request

Includes 4 to 10 participants. Available upon request.

General disclaimer

Nurturing Minds Counselling strongly recommends that you consult with your physician or health care practitioner before beginning any exercise program, including dietary changes.

You should be in good physical condition and be able to participate in the exercise.

Nurturing Minds Counselling is not a licensed medical care provider and represents that it has no expertise in determining the effect of any specific exercise, such as walking, on a medical condition.

You should understand that when participating in any exercise or walking program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Nurturing Minds Counselling from any and all claims or causes of action, known or unknown, arising out of personal negligence.

Nurturing Minds Counselling shall not be liable for, and the clients hereby waive/s and abandon/s any claims of whatever nature including but not limited to that for theft, injury, loss or damage of whatever nature, against Nurturing Minds Counselling, whether arising from personal fault, negligence or otherwise.

Service agreement

The undersigned Practice and client, have read, discussed together, and fully understand this agreement and the stated policies. We agree to honour these policies, including the commitment to negotiate and mediate as stated above, and will respect one another's views and differences in their working out. We have also agreed to an initial definition of professional work and to the fee to be paid by the client.

Client signature _____ Date _____

Nurturing Minds Counselling _____ Date _____

