

## LET'S GET STARTED

## About Us

We are a team of 5 psychologists and an occupational therapist with over 24 years of combined mental health experience. We have varied areas of interests and experience, which ranges from individual therapy, family therapy, group therapy and assessment administration.

We conduct both in-person and online psychotherapy sessions. Our primary aim, as a team, is to ensure that patients have a secure and meaningful therapeutic space



# OFFERED THERAPY SERVICES

# How We Can Help

# Therapy Services Individual Therapy

- Individual Therapy Couples Therapy
- Family Therapy
- Family TherapyAdolescent Therapy

#### Psychological Assessments

- Neuropsychological Assessments
- Educational AssessmentsCareer Assessments
- Occupational Assessments

#### Occupational Therapy Assessments

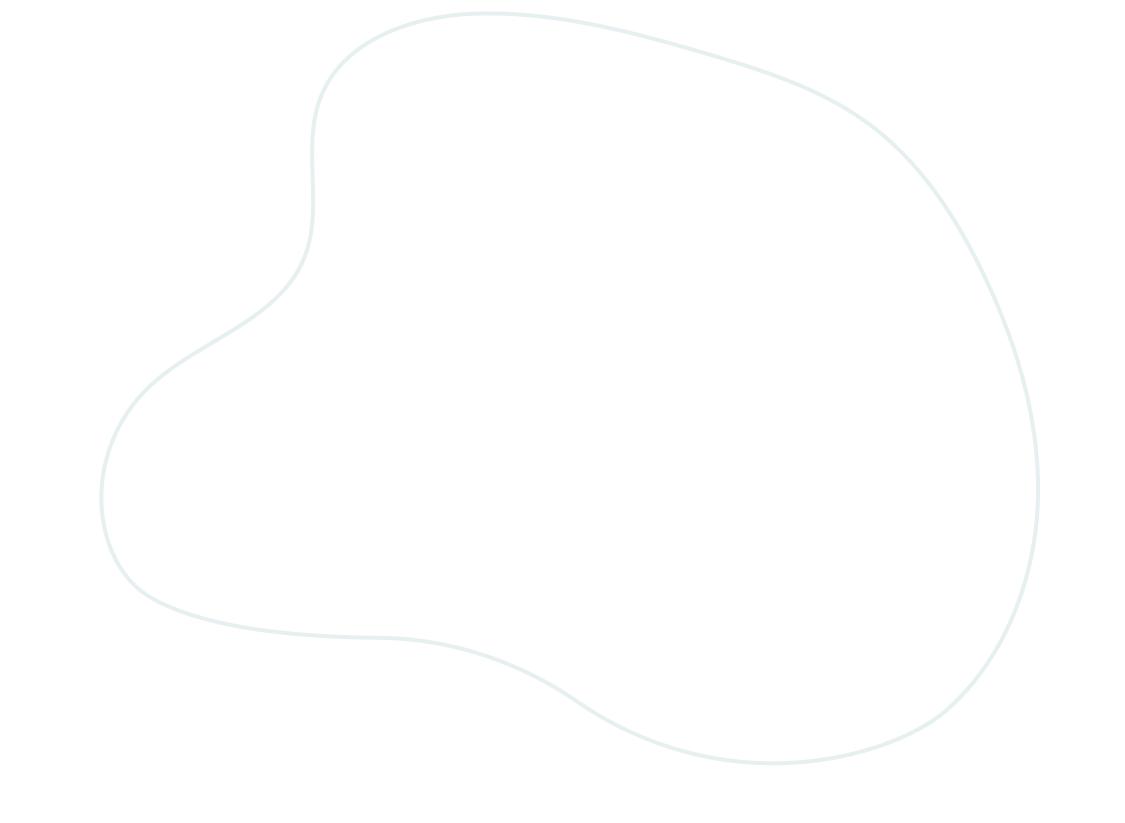
Work Readiness

#### Psychological Assessments

Grief Groups Dialectical Behaviour Therapy Groups for:

Adolescents

- AdultsGeneral Support GroupsSocial Groups (OT Run) for
  - Children agedAdolescentsAdults
    - ASD diagnosed individuals





OURTHERAPISTS

# Meet the Team



# Caroline Kapp Occupational Therapist

BSc. Occupational Therapy (University of the Witwatersrand), PGAP Provider
Psychiatric FCE & Sensory intelligence

I am an Occupational Therapist with a special interest in mental health, neurodiversity and cognitive rehabilitation. I currently see individuals and run group therapy with the aim of helping my clients reach their full potential. I see individuals ages 10 and above.

I also have experience in conducting functional assessments, case management and vocational rehabilitation, as well as school related interventions.

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Navigation
HOME
ABOUT US
SERVICES
TEAM

Our Therapists

Caroline Kapp

Alexander Oosthuysen

Kim Serebro

Sheri Dalton

Sindi Mlotshwa

Sumaya Seth

Contact Us

Have any enquiries about any of our services? Feel free to get in touch.

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