



COST STRUCTURE

Narrative Therapy

Individual Sessions: R 415 P/H
5 Successive sessions paid in advance: R 1680

Saturdays & Public Holidays: R595 P/H
5 Successive sessions paid in advance: R 2415

Corporate Services: R 997 P/H
5 Successive sessions paid in advance: R 4483

Family session
3 Hours "Understanding the Teenager better" – R 1575
Hourly Rate – R593

TRE® - Trauma and tension releasing Exercises with a Narrative Approach

Introduction to TRE®

6 X 90 min TRE® session – R 3000

Week 1: 1st Session – Medical Indemnity Discussion and Introduction to TRE®

Week 2: 2nd and 3rd session - TRE® practical sessions

Week 3: 4th and 5th session - TRE® practical sessions

Week 4: 6th session - TRE® practical session, personal reflection, and road ahead

Advanced TRE® options

Single session – R550

90 min session

Monthly option – R2000

4 X 90 min sessions

1 or 2 sessions per week

Must be used in one month

Group Sessions – 3 tot 5 People (Available from September 2022)

120 min session

R400 pp per session

Narrative Therapy Training

TRAININGS AND SEMINARS

Please contact me to discuss your individual needs and costs

Any field regarding Children and Adolescents

Spiritual development in Children and Adolescents

Understand the teenager better- Neuro Anatomical transformation of the teenage brain

Attachments

Parent Child/Adolescents relationships

Cutting and self-Harm

Grief in Teenagers

Mindfulness, Grounding and self-regulation

Cinema Therapy

Narrative Therapy and Narrative way of being

Trauma & Sexual Abuse

Life Story Work

Private Practice

Annual Teen Talk training programs

Narrative Therapy and TRE®

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