



Nathalie Himmelrich, Grad. Dip. Ed, Grad. Dip. Couns.  
Journey Accredited Therapist ﷻ NLP Cert. Trainer and Master Practitioner  
Touch for Health



## WELCOME

### ﷻ **A Welcoming Note**

Welcome to my therapy practice.

I believe that we all face '**problems**'. My idea of therapy is that what matters most is the way we deal with those '**Learning challenges**' turning them into '**Opportunities to grow and develop**'.

A therapist acts as a kind of professional friend: a somebody with whom you can be yourself, somebody who supports you to be true to yourself.

The decision to be healthy lies with you. I am here to assist you to find the way, guiding you along the rough parts. In the end YOU, and only YOU will have to actually undertake the path and be willing to see what might have been obscured.

### ﷻ **The First Session (90 minutes)**

Here is what you can expect during the **first session**, which usually lasts for **90 minutes** to collect all the relevant information:

**Personal Details** You will be asked to fill out your personal details and add some information about your medical history. Please complete the details as thoroughly as possible as it is important for the counselling process to be effective.

**Consultation** Here is where we discuss your current challenges and past issues and determine what kind of process or therapy will suit you most. I will ask you certain questions and you are welcome to add any relevant information. At the end of the session I will give you a recommendation on what I think will help you most.

**Consecutive sessions** The following sessions will usually take 60 or 90 minutes. It is advisable to book the next couple of sessions (for at least 2 weeks in advance) to make sure you get the times most convenient for you.

m 0405 701 707  
e [info@reachforthesky.com.au](mailto:info@reachforthesky.com.au)

## ✎ **Some Things to Agree on**

*The length of sessions*      Counselling sessions are one hour or one hour and a half. Longer sessions can be occasionally negotiated ahead of time – and incur an extra fee. These can be helpful, depending on the type of process we are engaged in.

*Honoring the time*      The session starts on the agreed time and ends an hour / an hour and a half after that.

*My fee*      depends on the number and type of sessions that you book.  
Standard session fee is \$ 150 for a one hour-long session and \$ 210 for a 1 ½ hour-long session.  
Couples session fee is \$ 170 for a one hour-long session and \$ 230 for a 1 ½ hour-long session.  
Reduced prices are available for payment of 5 and 10 sessions in advance.  
Concessions will be considered if you ask.

*Cancellations*      For a cancellation, I require notice 24 hours before the appointment; otherwise: *the full fee for the session applies*. Emergencies, crises, or sudden sickness may be taken as exceptions – however, I would appreciate notification as soon as possible when you realise that you can't keep an appointment. If you haven't arrived half an hour after the start time, and if I haven't heard from you, then I'll consider that you are cancelling that day, and my standard session fee is due.

*Confidentiality*      Confidentiality regarding what is discussed in the therapy room is of the utmost importance in the processes of self-knowledge and basic trust in ourselves. I am completely committed to the principle of confidentiality. However, in the rare circumstances where harm to a third party is threatened, or where I am subpoenaed by a court to reveal information, then I will discuss with you what action should be taken on my part.

*Saying Goodbye*      Should you feel that you no longer wish to be in therapy or to work with me - whatever the reason - please make a last appointment, to complete our contact with understanding and good-will.

