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NAMASTE

ﷻ **A Welcoming Note**

Welcome to my Journey therapy practice.

I believe 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 Journey 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. Because the Journey process is guided by your own body wisdom, my task is to take you through the steps of the process and to help you along your chosen path in becoming free from your issues. The decision to be healthy lies with you. I am here to assist you to find the way to a place where complete forgiveness is possible. In the end YOU will have to actually undertake the path and be willing to complete the act of forgiveness.

ﷻ **The First Session**

Here is what you can expect during the **first session**:

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 Journey process will suit you most. I will ask you certain questions and you are welcome to add any relevant information. Then we will start the Journey process.

Consecutive sessions Following a Journey I will contact you to find out how you are going. It is advisable to book some ongoing sessions (Counselling and/or Journey) and continue to clear out any remaining blocks. It is advisable to book the next couple of sessions (for at least 4 weeks in advance) to make sure you get the times most convenient for you.

✧ **Some Things to Agree on**

The length of sessions

Emotional and Physical Journey 2.5 to 3 hours (first consultation*)

Designer Journey 3 to 3.5 hours (first consultation*)

Abundance Journey and *Life's Purpose Journey* can take even longer. Please talk to me for further information on time and prices.

Honoring the time The sessions start on the agreed time and end, at the latest, after the estimated time. Journey sessions vary in time; therefore it is difficult to give an exact time.

* Subsequent consultation can take less time depending on the client.

My fees

<i>Counselling Session</i>	\$ 150	60 min
	\$ 210	90 min

Emotional and Physical Journey

<i>First Consultation</i>	\$ 345	2.5 – 3 hours**
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<i>Subsequent Consultation</i>	\$ 245	for 2 hours**
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Designer Journey

<i>First Consultation</i>	\$ 395	3 – 3.5 hours**
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<i>Subsequent Consultation</i>	\$ 295	for 2 hours**
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Longer sessions incur an extra fee. Concessions will be considered if you ask.

** Additional time will be charged at \$ 60 for 30 Minutes.

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.

