

PHILOSOPHIES

- Love one self and others, believe that we are all one and Honour this, the highest goal is expressing love.
- I have all the resources I need to achieve my goals in life, or the ability to develop them.
- My beliefs are based around the meaning of life and the connections with others and the connection to something bigger than ourselves.
- Speaking the truth without judging or blaming others
- Accept the consequences of our adventures and treat every experience as potentially something from which we can grow.
- Always open to results not attached to them.
- Negative and positive experiences can be used to heal and grow.
- Respect the right of others to form their own values and beliefs
- Honour and integrity and living with gratitude and kindness.
- Anger is a reactionary emotion never make decisions from a place of anger

POLICIES

HOW TO MAKE A BOOKING

Bookings made through daimokusutra@gmail.com or through WhatsApp 079 278 4278

Operating times: Mon-Fri 17h00-21h00 & Sat-Sun 10h00-14h00

Payment

EFT or Cash only on or before the appointment date and time.

Cancellation policy

If the client is unable to make an appointment they must let me know as soon as possible to make alternative arrangements. Cancellations and no shows are charged at full rates within 24 hours if not rebooked that same week, depending on availability. Multiple missed appointments may result in the termination of the service provided.

Sessions Required?

It depends on the stated problems, and/or the goals set in the counselling process. These continuing sessions may include beneficial exercises that may take place both in and out of the sessions such as: stress reduction exercises, journaling, drawing, and reading. Sessions usually continue until the client feels that they have accomplished the goals set forth during the counselling process. At this point, we may extend the time between sessions from weekly to every other week to longer.

Privacy policy

Code of Ethics which require counsellors to protect the confidentiality of their communication with clients. Any disclosure, will be made with the clients' fully written, informed consent and will be limited to a specific period of time. The only limitations to confidentiality occur when a counsellor feels that there is clear and imminent danger to the client or others, or when legal requirements demand that confidential information be disclosed. Whenever possible, the client will be informed before confidential information is revealed. Confidentiality continues after the end of the counselling relationship.

The Exceptions to the privacy policy

If a child is or may be at risk of abuse or neglect, or is in need of protection;

If a counsellor believes that you or another person is at clear risk of immanent harm;