

Online Counselling is offered via video or voicecall to your landline, laptop, computer or android device, depending on compatibility and set-up.

Telephone/Voicecall Counselling is offered via mobile to your landline, laptop, computer or android device, depending on compatibility and set-up.

Students, Trainees and 1-to-1 Mentees have the option of videocall, voicecall or telephone counselling for a fixed fee, excluding early and evening appointments. For practical reasons, group mentoring is online only. Mentoring is not a substitute for clinical supervision.

Workshops offered are experiential and exploratory. They are facilitative and may be therapeutic but are not designed as alternatives to group or personal therapy.

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