

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

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

Students and trainee counsellors have the option of videocall, voicecall or telephone counselling for the same fee, excluding morning and evening appointments.

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