



First Session is FREE

Intake, Fit, Assessment & Goal Setting

COUNSELLING FEES

First Session is FREE, Online, Including Intake, Fit, Assessment & Goal Setting

	Online Per Session	Online 5 Sessions	Face-to-Face Per Session	Face-to-Face 5 Sessions
INDIVIDUAL SESSIONS:	R280.	R1,150.	R320.	R1,440.
COUPLES SESSIONS:	R300.	R1,250.	R350.	R1,580.

Face To Face Counselling by Appointment Only

Personal Empowerment & Self-Esteem Counselling:

Personal Empowerment is the process of gaining control over your life, making responsible choices, and taking action within the scope of your potential. It involves **developing a sense of confidence, self-awareness, and achieving autonomy through the acquisition of skills, knowledge and resources, to overcome the obstacles you encounter in life.**

Self-esteem is the subjective belief and confidence in your overall value, attributes and abilities as a person. Self-esteem influences many aspects of daily life, including relationships, academic and career success, mental well-being, and your overall experience of quality of life. Self-esteem issues may be experience as self-doubt, a negative self-image, and feelings of inadequacy. **Realising, reaffirming and asserting one's own worth is the vital core of successful daily functioning and good mental health.**

General Counselling & Holistic Wellness:

Counselling is a non-clinical, non-diagnostic, supportive process that aims to provide a safe and confidential space for you to share your experiences of general or particular difficulties. Through counselling, you will gain perspective on challenges, and work on **developing healthy strategies and practical toolsets to empower your own agency.**

Holistic wellness is the **healthy balance** achieved and maintain across the **biological, psychological, social and environmental aspects** of your daily life. We are a complex synergy of parts, intricately connected with the world and each other. True balance and wellness require careful consideration of each of these aspects. It encompasses physical wellness, mental wellness, emotional wellness, spiritual wellness, social wellness and environmental wellness. It **incorporates self-care practices, lifestyle choices, and supportive environments that promote balance, harmony and quality of life.**

Couples Counselling:

Couples Counselling is aimed at **assisting couples in resolving relationship conflicts, improving communication, and strengthening their overall bond.** It involves **identifying problematic patterns of behaviour and developing healthy strategies for positive change.** Various techniques and interventions can be employed to improve mutual understanding and to learn constructive ways to address conflicts. **Individual needs, wants and expectations are examined within the greater context of the relationship, to establish healthy boundaries and fair compromise, to promote greater satisfaction, understanding and closeness between partners.**



Stress & Anxiety Counselling:

Stress & anxiety are both physiological and psychological responses to a perceived threat, challenge, or change. A certain degree is normal, even beneficial, however prolonged, chronic or excessive stress can have negative effects on physical and mental health. Ranging from mild to severe, it can lead to impairment of daily functioning.

Counselling is a non-clinical, non-diagnostic supportive approach that can shift perspectives from survival mode into thriving mode. Strategies considering situational variables, biological contributors and mental resilience, promote understanding, growth, and empowerment that can greatly improve daily functioning and mental wellbeing.

Depression Counselling:

Depression is a mental health disorder that can be experienced as persistent sadness, hopelessness and emptiness. This state often leads to a loss of interest in activities previously experienced as pleasurable and enjoyable, and irregular sleep and eating changes. The prolonged experience of loneliness and low mood can significantly impact daily functioning, relationships, and overall quality of life. Along with collaborative biological, psychological and social supportive strategies, **counselling is a non-clinical, non-diagnostic supportive approach, that assists in reducing and managing this condition.**

Suicide & Self-Harm Counselling:

Suicide Counselling is aimed at assisting individuals experiencing suicidal thoughts, feelings, or behaviours. Counselling is a non-clinical, non-diagnostic supportive approach, aiding in the development of healthy coping strategies and management of emotional distress, reducing the risk of self-harm or suicide.

Self-harm is often a maladaptive attempt to take control and relieve a state of extreme distress, anguish or being emotionally overwhelmed. Counselling is an opportunity to learn healthy emotional expression and gain healthy regulation of this urge through the effective sublimation and beneficial lifestyle changes.

Trauma Counselling:

Trauma is a profoundly distressing experience that can have a long-lasting impact, causing fear, emotional overwhelm, and a loss of sense of agency, impairing the ability to cope and function. It can result in severe and ongoing complex emotional and psychological consequences. Counselling aids healing from these experiences and involves non-clinical strategies aimed at processing and integrating the trauma experiences, developing coping skills, and reducing the residual effects. **Taking back the power and control that the trauma event robs you of, can lead to unique post traumatic growth and positive transformation.**

Narcissistic & Emotional Abuse Counselling

Surviving a relationship, or forced association, with a narcissistic or emotional abuser, is a process of awareness of the tactics and patterns commonly used by these abusers, and focusing on self-love and healing. Through supportive counselling, self-empowerment and the implementation of healthy boundaries, you as the survivor can outgrow the abuser, reaffirm your self-identity, self-worth, own needs, and ultimately thrive.



COUNSELLOR DETAILS

Mrs Tarren Leigh Turner
Specialist Wellness Counsellor
ASCHP Registration No. SWC24/8013
JHB, Gauteng, South Africa

Contact number: (+27) 067 448 9152
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Eden Glen, Edenvale

BANKING DETAILS

PRIMARY DETAILS:

Private / normal beneficiary
Tarren Turner
ABSA Bank Credit Card
Branch : Sandton
Branch Code : 632005
Account # : 5471190218745014
Ref: Client's Name and Surname or Invoice Number

ALTERNATIVE DETAILS:

Private / normal beneficiary
Tarren Turner
Nedbank
Account # : 1761008528
Ref: Client's Name and Surname or Invoice Number

- Please email proof of payment to turnertarren@gmail.com. Alternatively, please WhatsApp proof of payment to (+27) 067 448 9152.
- Kindly note that Tarren Turner does not accept liability for missing or lost payments due to the incorrect reference or account number being used; please refer to the above with care.

FEES AND PAYMENT TERMS

- Payment for sessions is required upfront, with proof of payment required a minimum 48 hours before the session booking.
- Sessions are 50 minutes of online or face-to-face counselling, and 10 minutes of subsequent administration and digital communications.
- If a package of 5 sessions is purchased, then a period of 6 months will be allotted for the use of those sessions. Allotted sessions not redeemed within this 6-month period, will unfortunately not be refunded.
- Please note that counselling with an ASCHP registered counsellor, is not reimbursable through medical aids, and is considered a private service.

CANCELLATION AND RESCHEDULING

- Cancellation or rescheduling of a session is accepted on a zero-penalty basis, provided notification, via email, or WhatsApp, is given no later than 24 hours before the session appointment.
- Cancellations requested within less than 24 hours of the session appointment, or failure to attend a booked session without cancellation, will result in forfeiture of the full session fee.
- Provision for emergency cancellations within less than 24 hours of the session appointment, or failures to attend, will be made with discretion and consideration of prior session attendance, cancellations and on a case-by-case basis.