



**First Session is FREE**

Intake, Fit, Assessment & Goal Setting

## COUNSELLING PRICE LIST

	Online Per Session	Online 5 Sessions	Face-to-Face Per Session	Face-to-Face 5 Sessions
<b>INDIVIDUAL SESSIONS:</b>	R280.	R1,150.	<i>Coming Soon</i>	<i>Coming Soon</i>
<b>COUPLES SESSIONS:</b>	R300.	R1,250.	<i>Coming Soon</i>	<i>Coming Soon</i>

### 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 encountered in life.

Self-esteem is the subjective belief and confidence in your overall worth, 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 the 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 short-term process that aims to provide a safe and confidential space for you to share your experience 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 not beings in isolation, 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 bond. It involves identifying problematic patterns of behaviour and developing healthy strategies for positive change. Various techniques and interventions are 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 and closeness between partners.



## **Stress & Anxiety Counselling:**

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Stress is both a physiological and psychological response to a perceived threat, challenge, or change. A certain degree of stress is normal, even beneficial, however prolonged, chronic or excessive stress can have negative effects on physical and mental health.

Anxiety is a specific type of emotional, biological response that is characterised by feelings of excessive worry, fear, tension, or apprehension about events or uncertainties. This can persist without a clear or evident threat being present. It ranges from mild to severe and can lead to impairment of daily functioning.

Shifting the mind and body from survival mode into thriving mode, requires honest consideration of situational variables, biological contributors and mental resilience. Growth, understanding and empowerment through management strategies can greatly improve daily functioning and mental wellbeing.

## **Depression Counselling:**

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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. A collaborative biological, psychological and social supportive approach can assist in reducing and managing this condition.

## **Suicide & Self-Harm Counselling:**

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Suicide Counselling is aimed at assisting individuals experiencing suicidal thoughts, feelings, or behaviours. It involves providing support, guidance, and resources to aid in the development of healthy coping strategies and management of emotional distress, while 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 or being emotionally overwhelmed. Counselling will provide an opportunity to learn healthy emotional expression and gain healthy regulation of this urge through the effective sublimation and beneficial lifestyle changes.

## **Trauma Counselling:**

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Trauma is a deeply disturbing and distressing experience that can lead to the long-lasting feeling of being emotionally overwhelmed and fearful, impairing a person's ability to cope and function. It can result in severe and ongoing emotional and psychological consequences. Healing involves various 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**

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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 support, 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

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

Contact number: (+27) 067 448 9152  
Website: [ttcounselling.co.za](http://ttcounselling.co.za)  
Email: [turnertarren@gmail.com](mailto:turnertarren@gmail.com)

## BANKING DETAILS

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### 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](mailto: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

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- 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 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

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- 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.